

SPARK YOUR RELATIONS

The Juice Of Life



koshaa

People's Movement to Simplify Life

Why Join Us?

'Spark Your Relations' is a lively space for you to enhance self-love and spark your relations with your partner, parents, children, workplace groups, food & nature.

Experience Transition from:

Loneliness to Liveliness
Limited Life to Limitless Possibilities
Scarcity to Abundance



Relation with Self

"Feeling your emotions and Self Acceptance are really the key hacks to let the Self judgement pass"



Relation with Partner

Guess What?

"It's safe to say that men and women are built different and it's not just biological difference. Let us make some efforts to understand one another deeper"



Relation With Parents

"They told you what they were told. You can choose to do it differently"

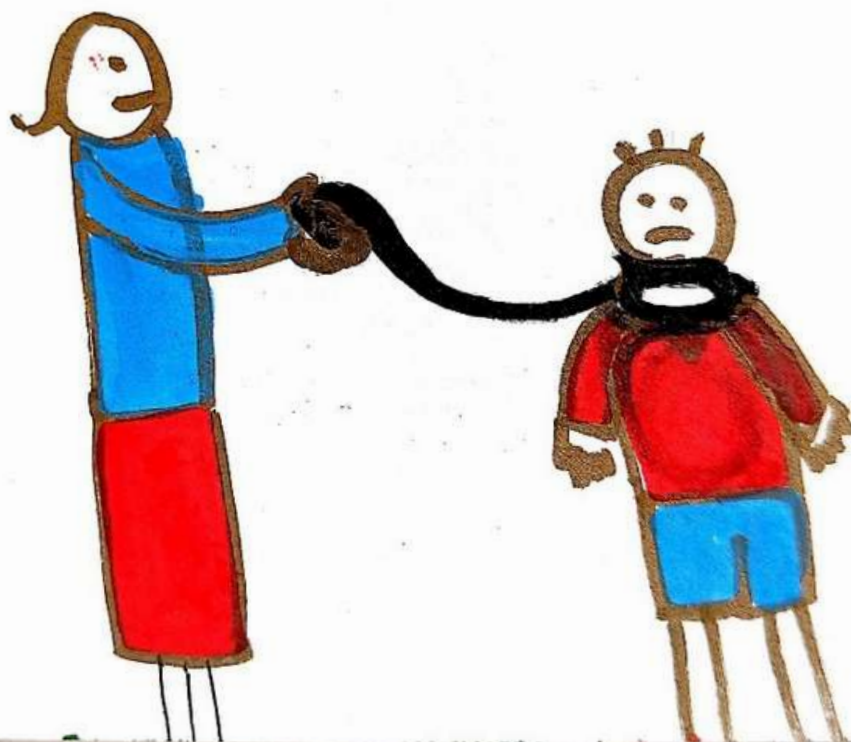
Yes it's good you
know your Partner's
♥ Language.

But do you know
your parent's love language



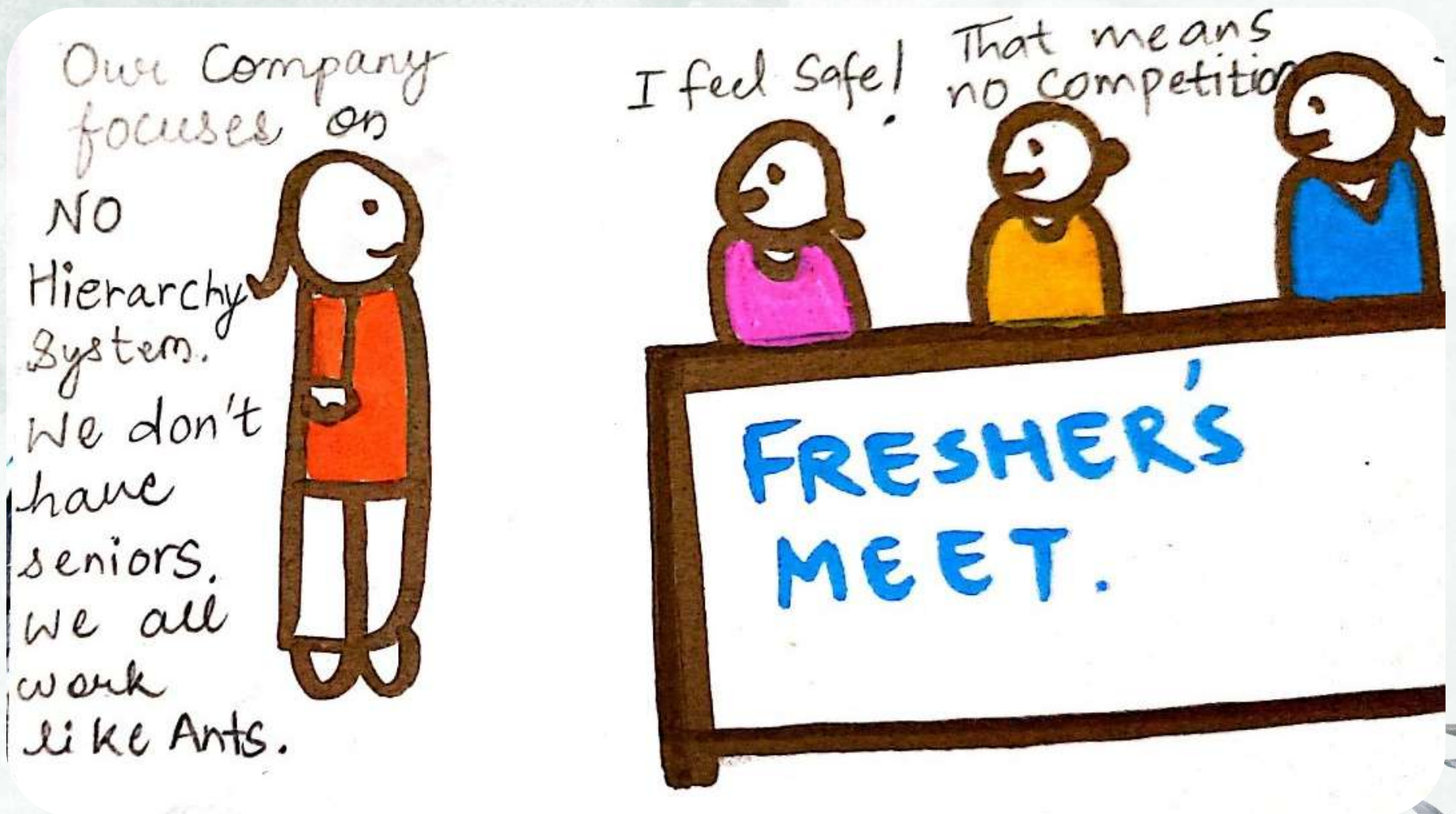
Relations With Children

"Sparking your relation with your children begins from effective communication from where they are able to hear you"



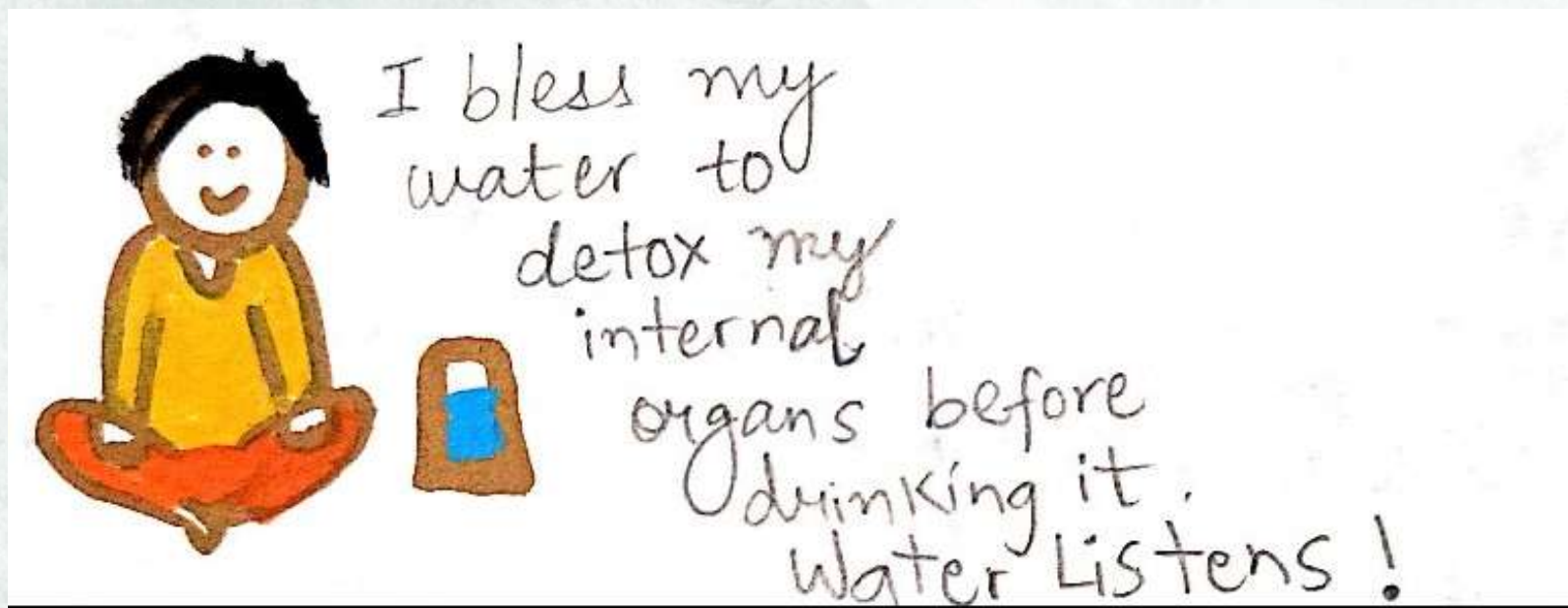
Relation In Workplace

"Healthy workspace is one step away
An unhealthy relation in the workplace can steal your
calmness"



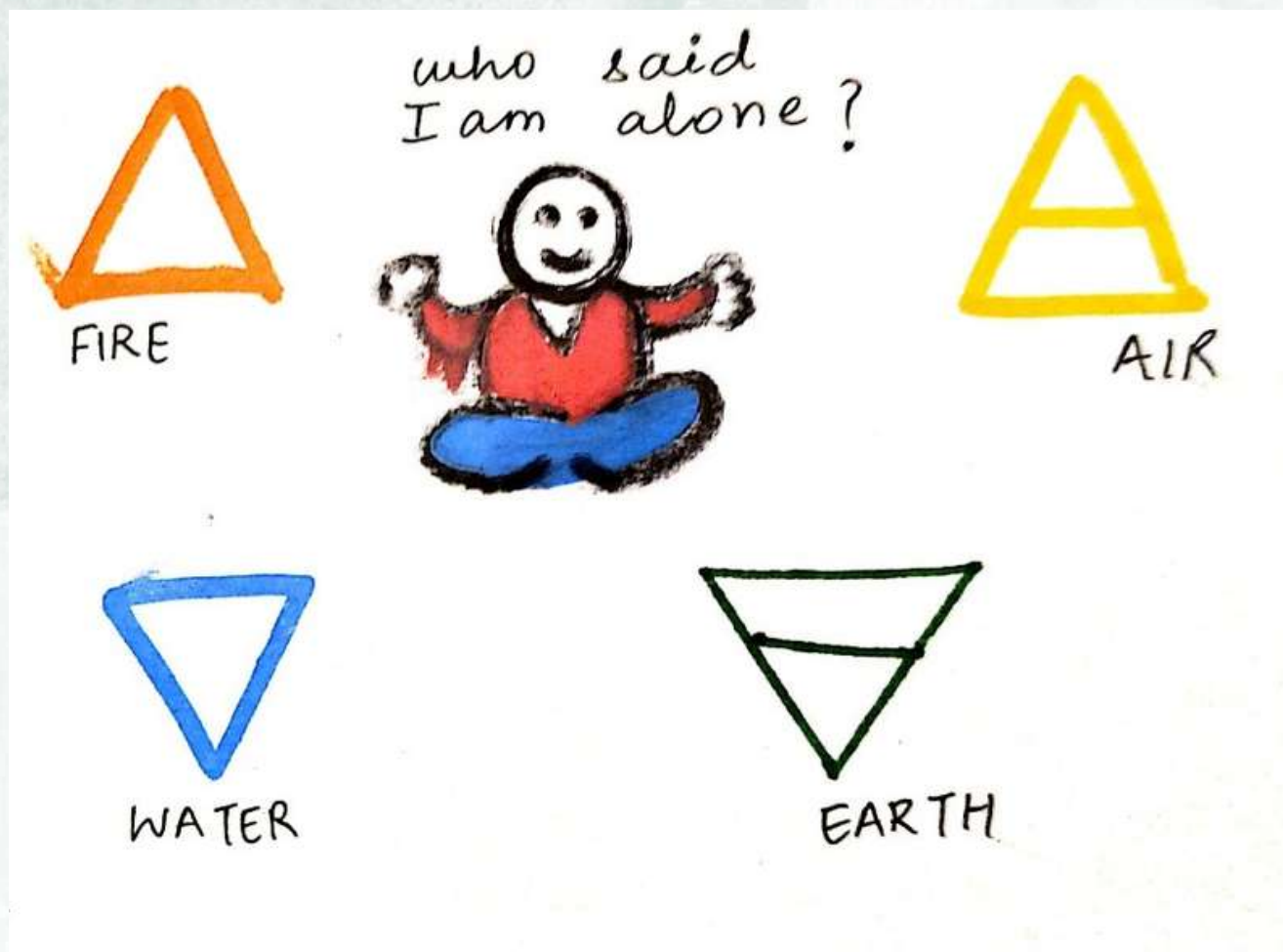
Relation with Water & Food

"If we want any external relation to get better, we first must find out ours with food and water"



Relation With Nature

'We are truly never alone. Look around, you have your eternal friends'



Our Experience

Koshaa is a non-profit registered in India with a mission to create a 'People's Movement to Simplify Life'.

Kosha has so far successfully done

11

Retreats

54

Self-reflection Dialogues

18K+

**Touched the lives of
people since 2019**



Our team creates an ambience to melt with self



Davinder

A playful father,
Creating a deep dive in relation to soil & food



Sanya

An illuminator, creating safe space
for you to openly express yourself



Deepak

A self-observer, creating an ambience of
transformation to flourish best of your potential



Spark Your Relations

Reach out to us for your topic of interests:
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