

Cohort 3 | 6-Week | Virtual Journey
Masculinity, Meaning & Self
Of, By, For – Men

jwal Shetty

arun Ch

kshitij bh

sudhesh

What Is This Circle About?

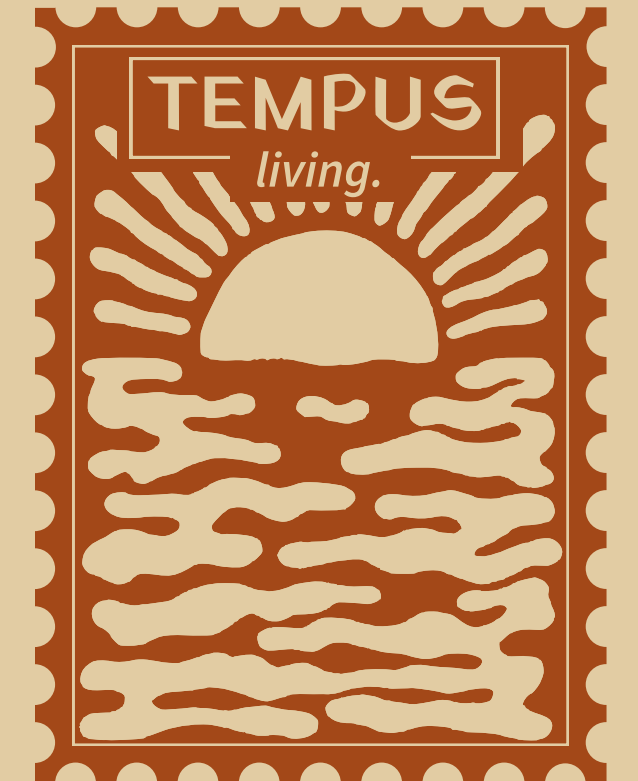
The cohort 3 is about relationships, the ones that bring us joy, and the ones that bring us pain. It's about our relationships with others, and most importantly, with ourselves. Relationships can uplift, anchor, and heal. They can also drain, challenge, and unravel us.

We won't walk in with fixed themes. Instead, we create a space for themes to emerge organically, rooted in real life, and always viewed through the lens of relationship dynamics.

We'll explore:

**How patterns play out | Why they arise |
Whether we want to shift them | How we might do that**

Together, we'll co-create personal theories of change, and uncover tools for transformation



Possible Themes That May Emerge:

- Communication Gaps
- Fear of Vulnerability
- Power Struggles
- Emotional Labor Gap
- Fear of Abandonment / Betrayal
- Coping with Criticism
- Masculine Identity Pressure
- Parent Wounds Replaying
- Boundaries vs. Walls
- Sexual Communication Conflicts
- Loneliness Within Relationships



What This Circle Is Not:

Not a Sanitized Space

This is not about surface-level niceties. We invite real talk, not just “sweet talk.”

Not a Prescriptive Workshop

No ready-made answers. We support emergent insights from within the group.

Not Just a Venting Space

Venting is welcome, but it's the starting point, not the end. We move toward reflection and meaningful action.

Not a Space Where Judgment is Pariah

We welcome discernment and dialogue, not personal judgment. Judgment shuts down movement, and this space is about movement.



Why Men Only?

Its hosted by men to explore:

Shared Language of Experience

Men speaking to men about shame, anger, and identity.

Unlearning & Rebuilding

A space to dismantle old conditioning and explore new ways of being.

Healthy Brotherhood

Most men lack deep male friendships.

This is about connection – not competition.

Powerful Inner Work, Together

What one man shares often echoes in another.

Healing becomes collective.



Typical Flow of a Session (1.5 to 2 hrs.):

- Opening check-in
- Reconnecting with the previous week and lived experience
- Identifying and naming emerging themes
- Setting intentions using talk therapy, movement, or yoga
- Group sharing of real experiences
- Deep reflection and inquiry
- Closing the circle with insight and integration



How to Join?

Fill the form: <https://forms.gle/C4UaTrCycSzo3eoeA>

We'll reach out **within 48 hours** to schedule a "get-to-know" conversation. This helps us understand your needs and see if the workshop is the right fit. Why? Because this space should add real value, to you, to others, and to us.



Logistics:

- Mode: Video Meet
- Duration: 6 weeks | 1 session per week (on weekends)
- Session Time: 1.5 to 2 hours
- Start Date: First week of Feb 2026
- End Date: March 2026
- (Exact day and time will be decided by the circle)
- Group Size > 4 and < 10

Cost:

Sliding scale: **₹12,000 to ₹15,000**

If you are facing financial constraints and feel this space could support you, please reach out to us we'll try to make it work :)

Facilitators:

[Pavan](#) | [Rajiv](#)

Know more about [previous cohort here](#).

