

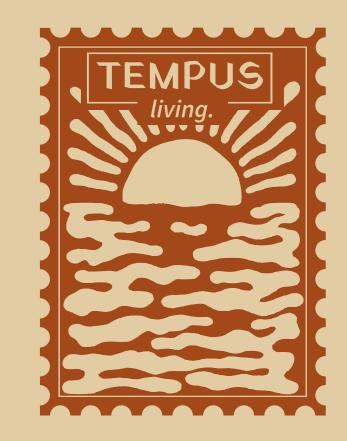
Cohort 3 | 6-Week | Virtual Journey
Masculinity, Meaning & Self

Of, By, For - Men

arun Ch kshitii bh

# 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:

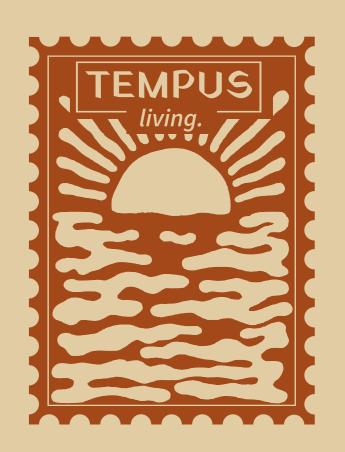
- Communication Gaps
- Fear of Vulnerability
- Power Struggles
- Emotional Labor Gap
- Fear of Abandonment / Betrayal
- Coping with Criticism
- Masculine Identity Pressure
- Parent Wounds Replaying
- Boundaries vs. Walls
- Sexual Communication Conflicts
- Loneliness Within Relationships



# 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 with

#### Powerful Inner Work, Together

What one man shares often echoes in another days ago! Hopeful that Healing becomes collective.

Men Circle and I had a free wheeling conversation on our conflict experiences, from early childhood to current ones. I am inspired by his resilience and spacious thinking. One of my insights is to become more sharply aware of my type of response to a particular conflict, and be playful in experimenting with other possibilities. The goal is to not get locked to fixed type of responses and retain agency in every 9:13 PM situation.

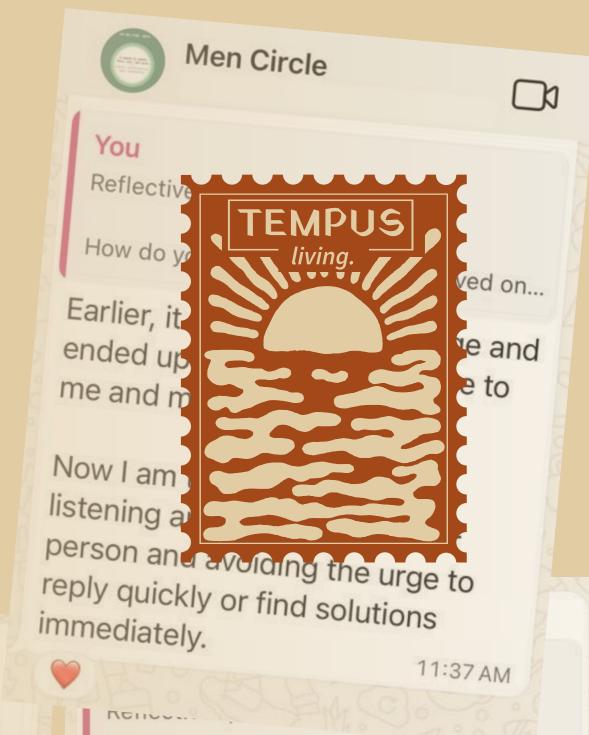
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and I nad a generative conversation as well. We connected on many life moments where push & pull came instinctively, and moments of pause where we have been tested seriously. Towards the end, we also discussed our styles towards bids for repair.

Hope everyone is having a great week. Look forward to our Sunday conversation.

9:06 PM

got extended as we kept moving from one topic to the other effortlessly. What was surprising was that we had just met online a many such conversations will happen in the future. 7:08 AM



How do you handle conflict with loved on...

Courage (Satya) and Compassion (Ahimsa) are the guiding values for me. When those are in tension with each other, my default personality was to break the tie with compassion as the default value. Now, I am trying to play it situation by situation, and lead with courage (seeking satya) more often.

Just got off a lovely call with . I'm that ful for the raw howesty, relience, courage and most importantly, gentleness that he personlied. Had a great discussion on our challenges and successes with connecting with sonly communities.

Have a great week all!

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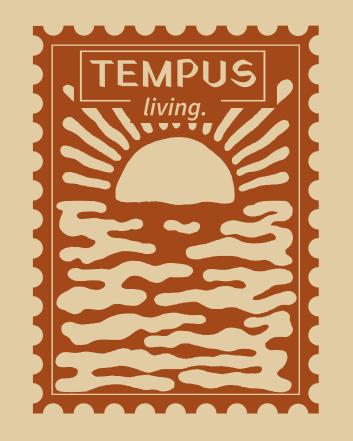
# Typical Flow of a Session (1.5 to 2 hrs.):

- 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: <a href="https://forms.gle/C4UaTrCycSzo3eoeA">https://forms.gle/C4UaTrCycSzo3eoeA</a>

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 <u>previous cohort here</u>.

