🍃 7 days self-care journey through different aspects of an individual's life: from physical to mental and back.

🍃 Daily guided activities from Ms Tatiana Milk & team.

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| **Who are we?**We are a team of like-minded people having expertise in different fields.We aim at creating a valuable and helpful program for all the people all over the world who are currently having a tough time of isolation because of COVID-19. **Program**We provide a vibrant and thoughtful mix of activities that cover all the aspects of a person's life: emotional, physical, mental, social and so on.Sometimes it is difficult to follow the routing and organize yourself.Especially when our daily routines and work schedules have been dramatically changed.That’s why we provide the program itself, guidance and ability to meet like-minded people.Now it is the time to take care of ourselves, let’s do it together! | 1. **Why we do this program**
	1. Because there is always be brightside in every hardship
	2. Sometimes it is difficult to follow the routing and organize yourself.
	3. Connecting with other people is important as one of the human needs.
2. **How we do**
	1. We aim at creating a valuable and helpful  program for all the people all over the world who are currently having a tough time of isolation because of COVID-19.
	2. Program consists of important but easy daily activities that every person is able to do.
	3. It covers all the aspects of a person's life: emotional, physical, mental, social and so on.
3. **What we do**

That’s why we provide the program itself, guidance and ability to meet like-minded people. |
| 1. **Who are we?**
	1. **Tatiana:** Founder of the Stay Home Retreat Project. Based in Singapore, the City of Lion and the City in the Garden. Experienced in Arts and Management.
	2. **Budi:** Based in Bali, Budi is your friend to your inward journey. Listens to you empathically & help you reveal the best in you out of this isolation time. The hard time has made him go deeper into himself and find clarity through reflection & meditation.
	3. **Lek:** Based in Bangkok, eager to learn new things, re-skill. Like to meet new friends of different generations.
	4. **Charles:** Born and raised in SAN Francisco, and currently based out of Singapore. With 10+ years as a Graphic/UX Designer, he is here to help you have a delightful digital experience.
	5. **Anna:** Based in Russia, traveled a lot in South Asia. Dedicated a big part of her life to India. Trying to connect people of different nations, cultures and religions. Interested in Marketing, Anthropology and Arts.
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