

Live
Intentionally,
Fulfill Your
Retirement



Discover a Life of Meaning

Ikigai, the Japanese philosophy of finding purpose, blends what you love, what you're good at, what the world needs, and what sustains you. At Abel's Garden, this is more than an idea; it's a way of life.

Picture a retired officer mentoring the next generation, or a former CEO guiding a young entrepreneur. Here, your passions don't fade with retirement — they flourish.

Thrive Through Ikigai

Whether you paint, teach, write, or volunteer, our programs and spaces are designed to help you reconnect with what brings you joy. Purpose isn't optional — it's foundational.

Quick Insight

What is Ikigai?

Your reason to rise each morning.

Why now?

Because joy and impact never retire.



IKIGAI

The Japanese Secret
to a Long and Happy Life

"Ikigai helped me rediscover gardening. It's like planting hope every day."

Aileen Carter, Future Resident



**Abel's
Garden**



Ikigai Inspired Living

Abel's Garden pioneers a holistic approach to living, emphasising the pursuit of purpose, joy, and fulfillment.

The "Ikigai" philosophy guides residents in rediscovering their passions and interests, to nurture a sense of meaning and vitality. Abel's Garden cultivates a tranquil and welcoming atmosphere conducive to forging connections among residents.





YOUR NEW HOME

Residences Designed for Purposeful Living

Set across 8 peaceful acres, Abel's Garden offers 130 thoughtfully crafted villaments — not just places to live, but spaces designed to support a fulfilling, connected life. Every home includes two bedrooms, two bathrooms, a living room and dining area, pantry space, and a private balcony. Whether you prefer the balance of a 1000 sq. ft. residence or the added room of a 1300 sq. ft. layout, each villament blends comfort, elegance, and intention.

1000 sq. ft. Villament – Balanced Living

Perfect for peaceful routines, cosy gatherings, and daily comfort.

- Two serene bedrooms with ample light
- Two bathrooms with modern, accessible fittings
- Functional living and dining space
- Pantry area and smart storage solutions
- Balcony overlooking garden or courtyard

1300 sq. ft. Villament – Expanded Comfort

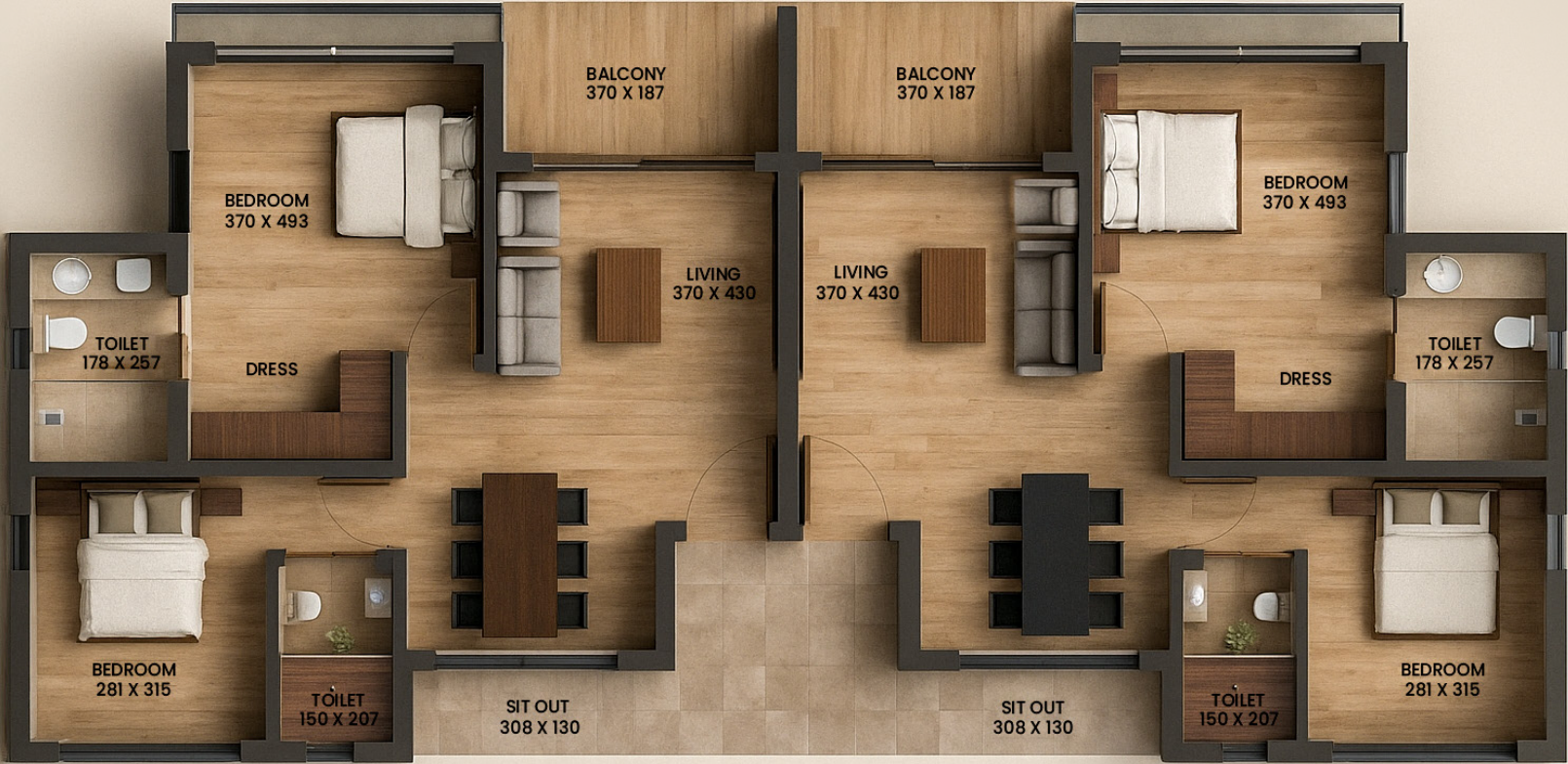
Ideal for hosting, pursuing hobbies, or simply enjoying more room to grow.

- Spacious bedrooms and flexible layout
- Two well-appointed bathrooms
- Larger living and dining areas for entertaining or group activities
- Pantry space, hobby corners, and thoughtful flow
- Generous balcony for leisure or container gardening

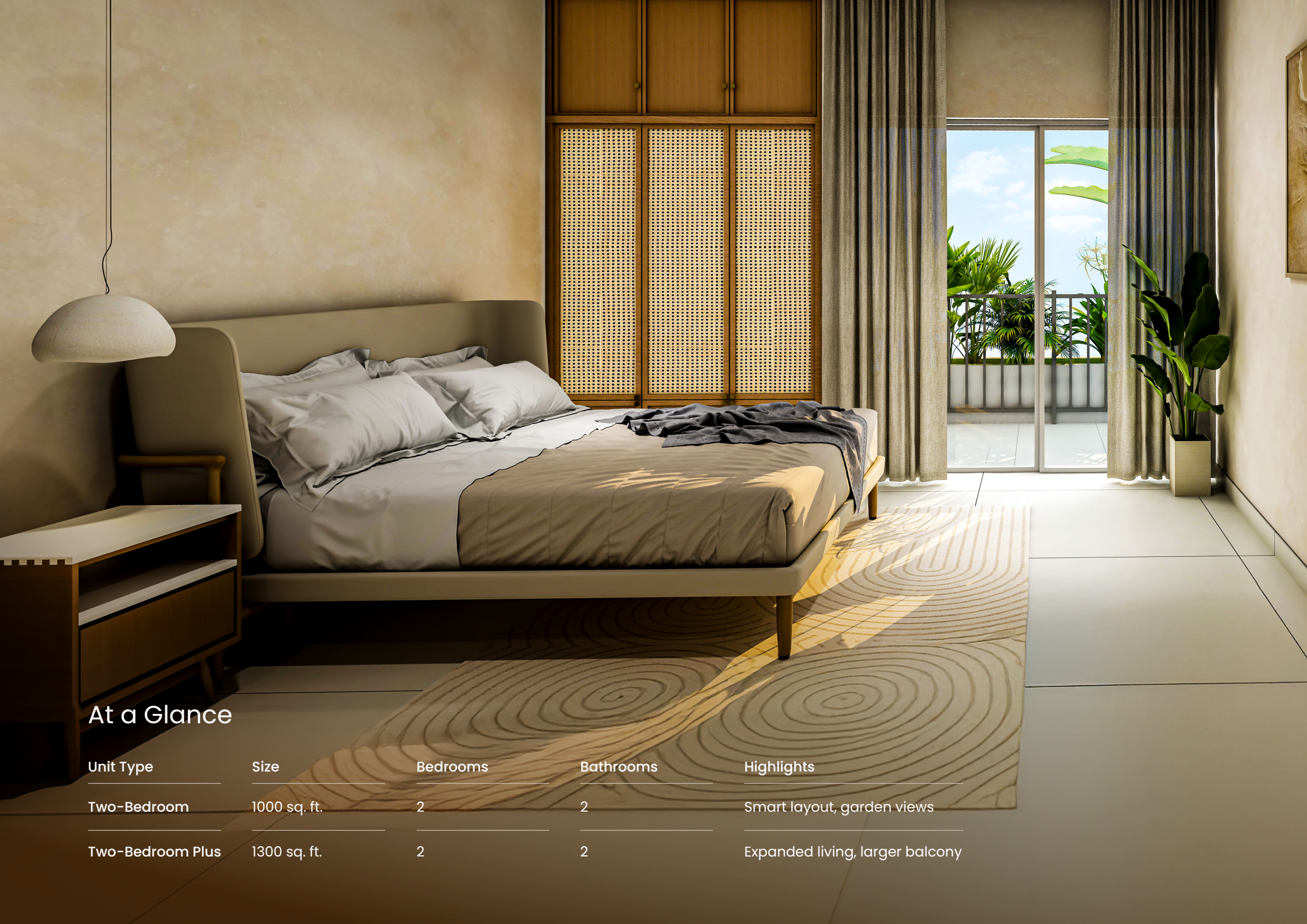




FLOOR PLAN



1000 sq. ft. Villament – Two-bedroom sanctuary crafted for comfort, flow, and purpose.



At a Glance

Unit Type	Size	Bedrooms	Bathrooms	Highlights
Two-Bedroom	1000 sq. ft.	2	2	Smart layout, garden views
Two-Bedroom Plus	1300 sq. ft.	2	2	Expanded living, larger balcony



DINING & WELLNESS

Nourish the Body and Soul

Dining That Feels Like Home

Food is a source of joy, health, and connection at Abel's Garden.

- | | | |
|---------------------|---|--|
| Gourmet Dining Hall | : | Chef-crafted seasonal menus |
| Café Lounge | : | Light bites and flexible, diet-conscious options |
| Community Dinners | : | Weekly gatherings that bring everyone together |

"Every meal feels like a gathering of friends."

- Clara Evans, Future Resident

Lap Pool : For morning energy and low-impact fitness

Therapy Pool : Warm, calming waters to soothe joints and relax



CREATIVITY, COMMUNITY, AND RECREATION



Spaces That
Invite Passion
and Play

Recreational Spaces

At Abel's Garden, staying active is about more than exercise — it's about self-expression, curiosity, and contribution.

- Fitness Centre : Yoga, strength classes, and tailored workouts
- Creative Studios : Music, photography, painting, and more
- Gardens & Trails : Gentle paths and raised garden beds

Community Hall

The heart of our social life:

Mentorship programs
with local schools

Guest lectures
and storytelling nights

Workshops from
leadership to poetry





“Mentoring teens in photography gave me a new purpose.”
- Robert Hayes, Future Resident

Explore Your Interests

Space

Fitness Center

Creative Studios

Community Hall

Gardens & Trails

Activities

Yoga, strength, and balance

Painting, music, and photography

Mentorship, events, and lectures

Walking, gardening, and mindfulness

Location

Wellness Wing

Creative Hub

Central Pavilion

Outer Grounds



ABOUT US

The Abel's Garden Promise

Abel's Garden is more than a place to live — it's a place to thrive. Guided by the wisdom of Ikigai, we help retirees return to what matters most: purpose, passion, and impact. Here, every resident is a mentor, a maker, a guide, a friend. Every day is another chance to grow.

What Sets Us Apart

- Ikigai is our core philosophy
- Programs designed for teaching, leading, and giving back
- Architecture that fosters wellness, creativity, and community

For Our Supporters

Join our mission to redefine retirement.

Contact us to learn how you can contribute to a community that values purpose.



"Here, I teach gardening to kids. It's like sowing seeds for the future."

- Ellen Carter, Future Resident.

BY THE NUMBERS





Abel's Garden at a Glance

Information

Location

Total Area

Residences

Community Design

Wellness Programs

Green Space

Energy Philosophy

Nearby Amenities

Detail

Thodupuzha, Kerala, India

8 acres

96 homes (62 at 1000 sq. ft., 34 at 1300 sq. ft.)

Universally accessible, thoughtfully zoned.

20+ weekly (yoga, gardening, mentorship, arts).

Walking paths, landscaped gardens, quiet retreats.

Solar-powered infrastructure, eco-conscious living.

Multi-speciality hospitals, markets, and nature parks.

Our Board Of Directors



Dr. Prince Pallikunnel
Chairman
(Global Co-ordinator)



Hybeen Thomas
Managing Director



Josemon Francis
Founder Director



Sojy Thomas
Finance Director



Dinil Peter
Marketing Director



Innocent Kuzhippillil
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Dr. Paul Francis Britto
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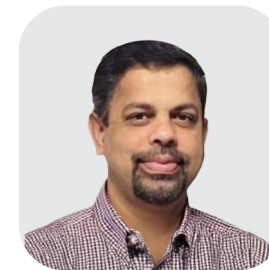
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Public Relations Director



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Spiritual Co-ordinator



Shiju Kurian
AVP (US Co-ordinator)



Pinol George
AVP (Europe Co-ordinator)



Dr. A V Puis
Our Patron

*"At Abel's Garden, we design more
than buildings, we design possibilities."*

— Silpi Architects



At Abel's Garden, every space is crafted with care, thanks to our design partners, **Silpi Architects**, a multidisciplinary firm with decades of expertise in architecture, planning, interior, and landscape design. Guided by thoughtful planning and graceful functionality, Silpi brings the philosophy of Ikigai into the physical form — spaces that inspire purpose, connection, and calm.

From studios that stir creativity to gardens that quiet the mind, Silpi's team of seasoned architects, engineers, and designers works with one vision: to shape a community where every corner invites joy.

Meet Our Designers



Sebastian Jose

Principal Founder, Silpi Architects



George Michael

Architect, Silpi Architects

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