Discovery to Recovery
By Aarti

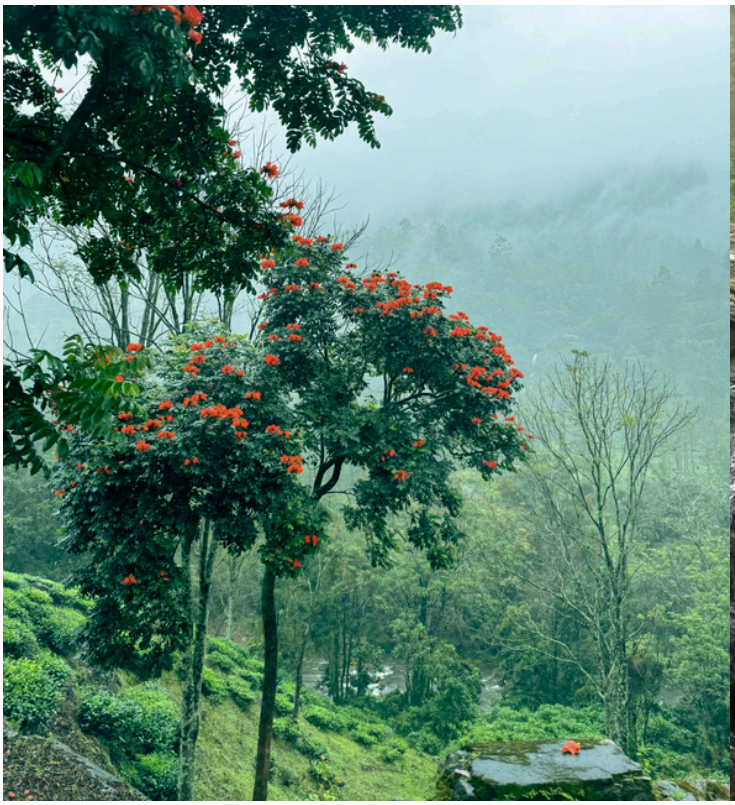
WINGS OF HOPE

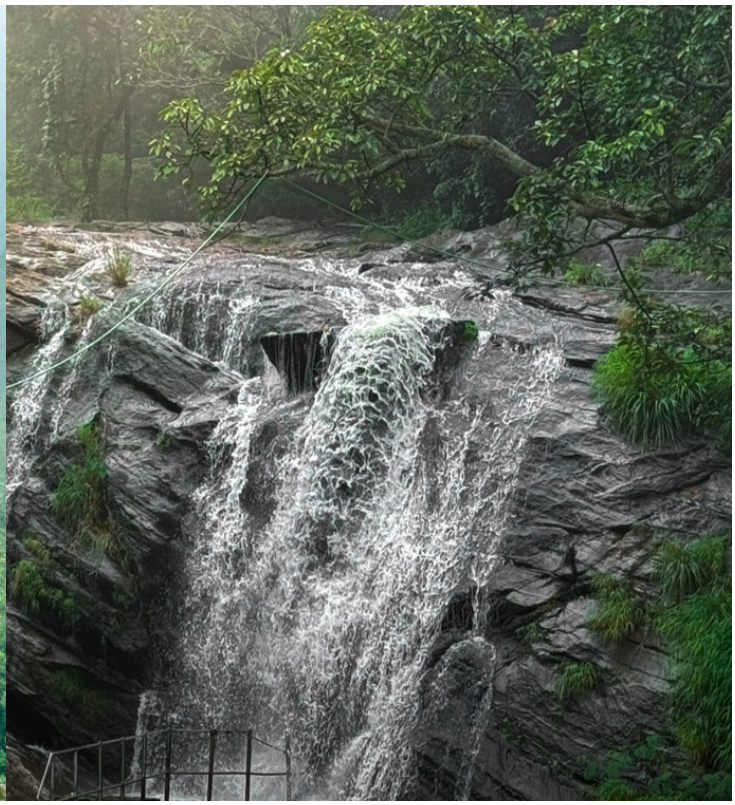
Empowering holistic transformation



Discover Tranquillity, Healing, Mindfulness and Empowerment in the Serene Hills of Munnar, Kerala, India

6TH TO 13th December 2025





RETREAT
OVERVIEW

Welcome to **Wings of Hope** – *your journey of self-discovery and rejuvenation.* A healing retreat, nestled amidst the serene hills of **Munnar, Kerala - India.** Experience the tranquillity of this magical land as you embark on this transformative journey toward positive change and holistic empowerment. Through yoga, meditation, trauma work, and focused engaging activities, rediscover hope and inner strength to heal from the painful trauma of betrayal and the confidence to move forward with clarity of thoughts and emotions.

DATES

6TH TO 13th December 2025

LOCATION

BlackBerry Hills Munnar Nature Resort & Spa, Munnar, Kerala, India

Empowering holistic Transformation



RETREAT
HIGHLIGHTS

- Tailored workshops and sessions to address betrayal trauma.
- Daily yoga and meditation practices to promote healing, self-reflection, and personal growth
- Guided trauma work to support your journey of transformation
- Engaging in activities such as cooking classes to learn and savor local cuisines
- Scenic treks and hikes amidst breathtaking landscapes to connect with the healing powers of nature
- Opportunities for mindful exploration, self-care, and personal empowerment
- Group support and sharing circles to foster connections and compassionate understanding.



RETREAT
BENEFITS

- Empower yourself to heal from the pain of betrayal and embrace a future filled with hope
- Discover inner strength, resilience, and personal transformation
- Cultivate self-compassion, self-care practices, and a renewed sense of purpose
- Find solace and renewal through communion with nature and the serene environment
- Get a deeper understanding of yourself and embark on a transformative journey of healing
- Take back with you practical tools to deal with and face the everyday challenges
- Work through the layers of grief to uncover healing, meaning, and personal transformation on the other side of loss.
- Gain practical, grounded tools to navigate all three stages of trauma recovery –safety and stabilisation, Grief and Loss, and Post Traumatic Growth, at your own pace

ACCOMMODATION & FACILITIES

Exclusive and luxurious accommodations in the heart of Munnar's serene hills









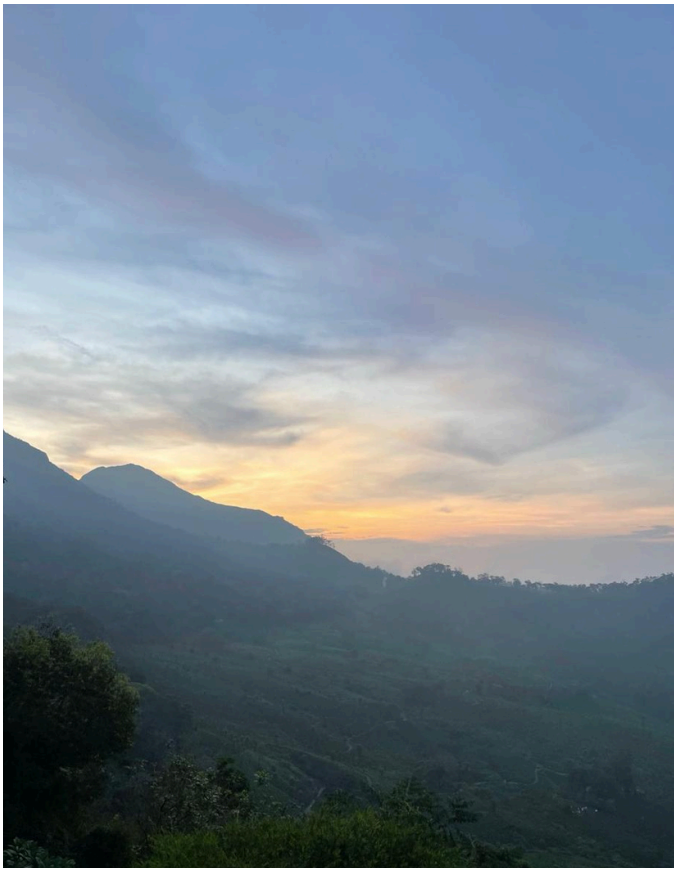


ACCOMMODATION & FACILITIES









ACCOMMODATION & FACILITIES





RETREAT

REGISTRATION

LAST DATE FOR REGISTRATION

Secure your place in this exclusive retreat by registering before the **October 1st, 2025, deadline.** Bookings need to be confirmed 60 days prior to the event, so reserve your spot today!



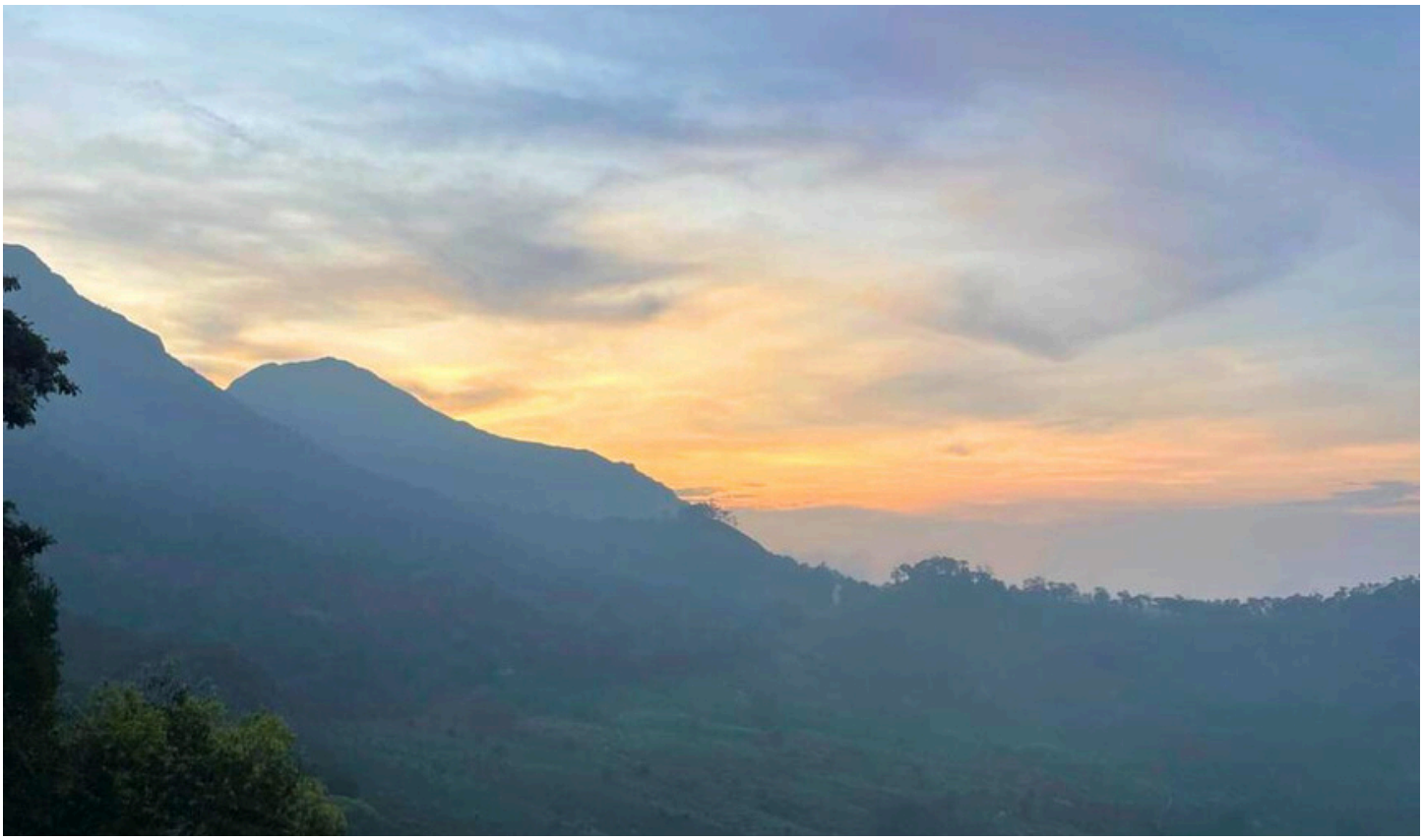
FEES

Early Bird discount offer:
Register before 31st August 2025.
Retreat Fees: **SGD 3700**

Full fee is applicable from 1st September 2025.
Retreat Fees: **SGD 3900**

The last date of registration is 1st October 2025

LIMITED SEATS ONLY



Note: The fee includes stay, meals, yoga sessions, group activities, mementos, takeaways, etc. *Fee doesn't include travel to and from the retreat and Spa treatments and other individual activities. Fees once paid, is non-refundable

HOW TO REGISTER

To register for the Wings of Hope Retreat or to inquire about more information, please contact:

Aarti Chidambaram
Email: aarti@discoverytorecovery.com
Phone: +6597288044

Embark on a profound journey of holistic transformation, empowerment, and healing amidst the serene hills of Munnar, Kerala. Join us at the Wings of Hope Retreat and spread your wings of hope. This exclusive retreat offers an opportunity to heal from the pain of betrayal and discover a renewed sense of purpose and empowerment.

Disclaimer: The information provided in this e-brochure is for promotional purposes only. Please consult with a mental health professional or therapist before making any decisions related to your healing journey.





GLIMPSES OF

2023-24 RETREAT

"Going on this retreat was a no brainer for me. I have been working with Aarti since the start of my journey and she most definitely is a key factor in where I am today—in a much more grounded and peaceful place. And coming to the retreat, surpassed all my expectations of what it would be like for me. As the name suggests—I feel truly "Transformed". Would highly recommend it to anyone who is struggling to make sense of this chaotic space that we find ourselves when we find out about our partner's infidelity."







The retreat was transformational. The resort, the staff and the ambience all were exactly what I needed for my soul to heal. And Aarti's easy to understand tools and simple matter of fact way of helping me see things in a different light, lifted the fog of chaos that I found myself under since discovery. I leave feeling so much lighter than I came in.



The design of the retreat—starting the day with Yoga and ending it with breathwork, was the perfect way to book end the days. I really felt supported and held as I did some deep stuff on my trauma—not just betrayal trauma. Doing the trauma egg and the grief and loss work truly was transformational. Thank you, Aarti, for doing this and I hope many more partners will benefit from this—god knows there is a desperate need for all of us to heal!!

MEET THE EXPERTS

Fondly nicknamed the "Partner Whisperer" by Robert Weiss, a renowned expert in sex addiction recovery, Aarti Chidambaram is a respected figure in the field of Betrayal Trauma. For the past decade, Aarti has dedicated her career to helping individuals navigate the challenging journey of healing and recovery. Aarti's practical approach to addressing complex concepts such as boundaries earned her the title of "Boundary Guru" from Carol "the Coach" Sheets, a prominent figure in the betrayal trauma recovery field. Her ability to translate complex psychological concepts into actionable steps with compassion and understanding has made her a trusted resource for individuals seeking support and guidance.



AARTI CHIDAMBARAM

Based in Singapore, she has been actively facilitating partner support groups, offering a safe space for individuals to share their experiences, find solace, and gather valuable insights from others who have gone through similar challenges. Her dedication and commitment have led to the establishment of the longest-running partner support group in the country. Aarti believes in the power of connection and aims to create an environment that fosters healing, growth, and resilience. Through her work, Aarti empowers partners to regain their self-worth and rebuild their lives after the devastating impact of betrayal. She helps them navigate the complexities of establishing healthy boundaries and rebuilding trust, while also emphasizing self-care and personal growth as crucial elements of the healing process. Aarti is a passionate advocate for raising awareness about Betrayal Trauma and its profound impact on individuals and relationships. She regularly contributes to public discussions and global conferences and is a qualified supervisor to a number of professionals in the field. Her work continues to make a lasting impact on the lives of partners, guiding them toward healing, growth, and renewed hope for a brighter future.

MEET THE EXPERTS



RUCHI CHHEDA SHAH

Ruchi Chheda Shah is a dedicated yoga instructor with a passion for spreading the transformative power of yoga. Having completed more than 500 hours of teacher training, she holds an internationally recognized certification from the prestigious Indea Yoga Institute in Mysore, under the tutelage of renowned Yogacharya Bharath Shetty.

She is highly sought-after for her expertise in various yoga styles, including Ashtanga Vinyasa, Hatha, Yin Yang, and restorative yoga. She also has a deep understanding of yoga's transformative power. Ruchi's specialization in yoga anatomy for therapy allows her to guide individuals with specific physical needs. Not only does Ruchi excel in teaching various styles of yoga, but she also has a keen interest in the therapeutic benefits of yoga and has dedicated time to further educating herself in this area. Ruchi is also certified in pre and postnatal yoga, making her a trusted guide for mothers-to-be during their journey to motherhood. She strongly believes in the importance of pranayama and incorporates breath control into her teachings. Additionally, Ruchi emphasizes the benefits of meditation for achieving balance and mental clarity. With her holistic approach and commitment to helping her students deepen their practice, she provides a valuable and transformative yoga experience.

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See You There

Thank You