



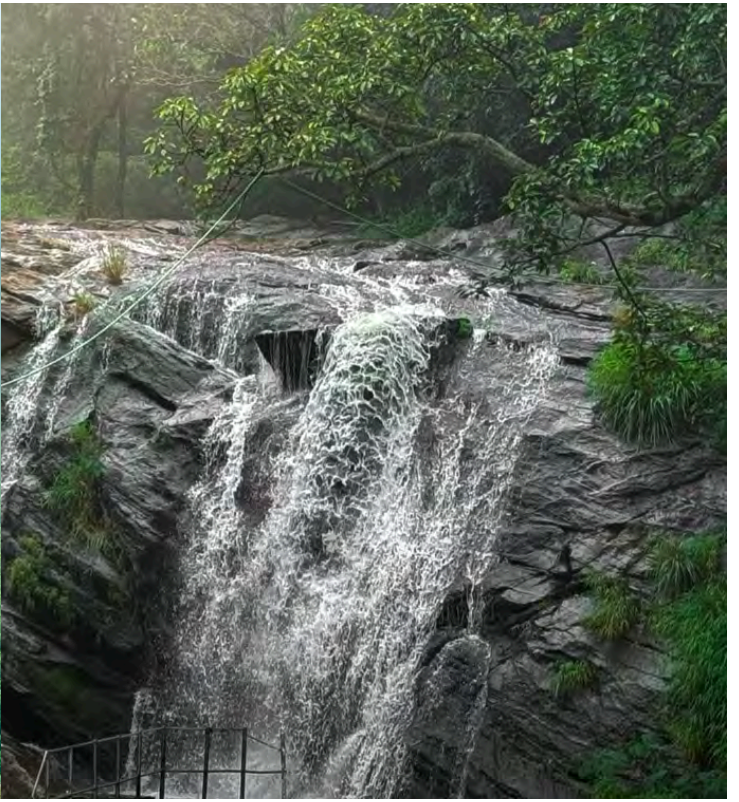
WINGS OF HOPE

empowering holistic transformation



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

21TH TO 28TH November 2026



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

21TH TO 28TH NOVEMBER 2026

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



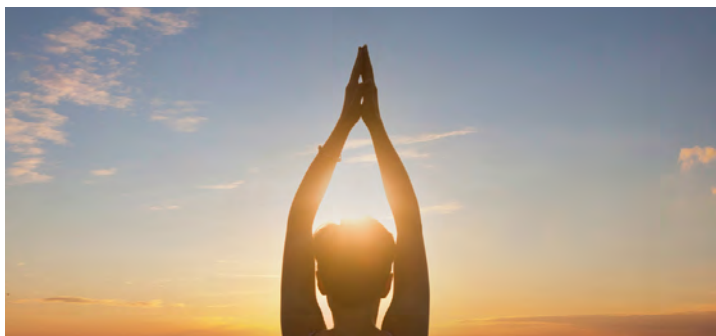
RETREAT ACTIVITIES



RETREAT REGISTRATION

LAST DATE FOR REGISTRATION

Secure your place in this exclusive retreat by registering before the **September 30th, 2026, deadline.** Bookings need to be confirmed 60 days prior to the event, so reserve your spot today!



FEES

Early Bird discount offer:

Register before
30th August 2026.

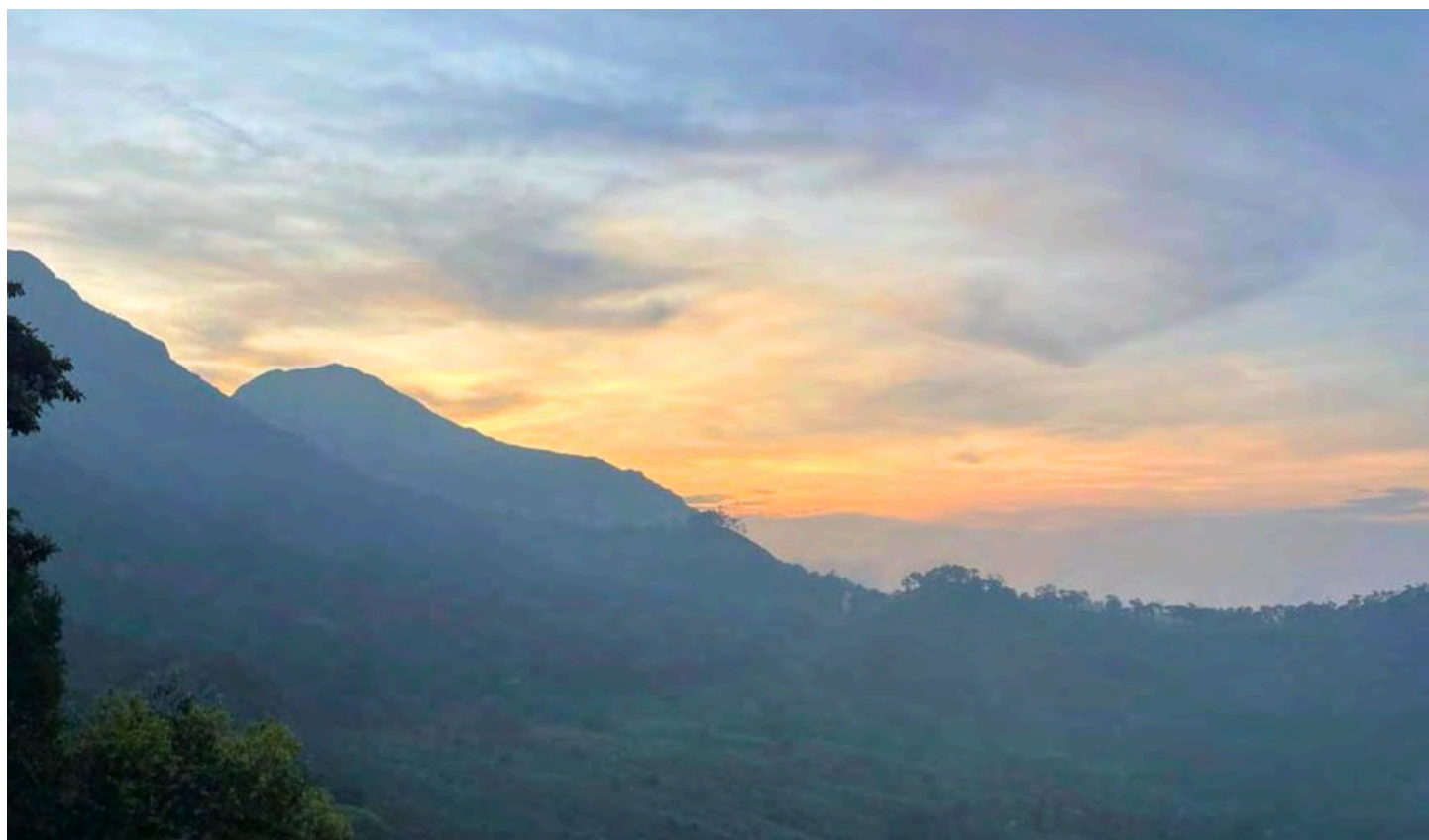
Retreat Fees: **SGD 3700**

Full fee is applicable from
1st September 2026.

Retreat Fees: **SGD 3900**

*The last date of registration is
30th September 2026*

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 2023-25 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 EXPERT

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.



WINGS OF
HOPE

Empowering holistic transformation

See You There

Thank You