



the **Varsha**
retreat

A Deep, Gentle, Internal Exploration
Presented by Umbartha

On this journey you will be invited to gently release the repressed grief, sadness, anger, shame and fear held in your body.

We all hold repressed emotions. In time, they can activate autoimmune diseases and mental illnesses. Join us and allow Dr Sat Dharam Kaur's expert facilitation to move you from repression to exploration, discovery, compassion and release.

Umbartha is honoured to introduce
Dr Gabor Maté's Compassionate Inquiry Approach to Sri Lanka.
Dr Sat Dharam Kaur, our featured presenter, and
Dr Gabor Maté Co-Founded Compassionate Inquiry® Inc.

Dates:
April 21 – 25 2026

Location:
**Tangerine Beach Hotel
Kalutara, Sri Lanka**

What Is The Varsha Retreat?

A Deep, Gentle, Internal Exploration

In beautiful Sri Lanka, devastating crises have etched our psyches with trauma, across multiple generations. So it's no surprise that mental health challenges are increasing. Social pressures and stigma leave many of us struggling in silence, with limited access to care.

This retreat brings tools and practices that offer radically beneficial shifts to how we think, feel and function.

During this retreat, set in a lush, tropical resort at the ocean's edge, you'll explore your inner world with Compassionate Inquiry,[®] a psychotherapeutic approach created by Dr Gabor Maté, and expertly facilitated by his colleague, Dr Sat Dharam Kaur.

Your body holds your unprocessed trauma.

In these few days, you'll be invited to befriend and process your trauma, reclaim your energy and open your heart to the joy of living.

Join us to free yourself from past narratives, open to greater clarity, choice, and emotional freedom.

As your resilience grows, healing begins and lasting change becomes possible.

Our preliminary retreat agenda follows, but first we will introduce you to your featured facilitator, Dr Sat Dharam Kaur, and your host, Manisha Billimoria

Dr Sat Dharam Kaur

Your Featured Presenter



Sat Dharam has been practicing as a naturopathic doctor since 1989, with a focus on women's health, cancer and mind-body healing approaches.

Since 2012, she has been studying, hosting, working and teaching with Dr. Gabor Maté with the aim of structuring his work so that it could be taught to others. In 2018, the Compassionate Inquiry Professional Online Training was created.

Today, Sat Dharam includes Compassionate Inquiry (CI) in her naturopathic practice. Her educational background includes a BA with a major in psychology, a B.Sc. in biology and postgraduate studies in naturopathic medicine at the Canadian College of Naturopathic Medicine, where she taught stress management and women's health for 10 years.

Sat Dharam has written three books on women's health and presented at numerous conferences. Also an expert Kundalini Yoga instructor, she has practiced and taught in this discipline for over 45 years. In addition, she has developed yoga-based curriculums for addiction recovery, trauma and breast health and trains teachers around the world in those specialties.

Manisha Billimoria

Your Varsha Retreat Host



A dedicated mental health counsellor, specialising in trauma therapy, functional medicine, and Compassionate Inquiry®, Manisha has lived in Sri Lanka for over 30 years, and is proud to call this country 'home'.

Through Umbartha, the healing organization she founded in 2016, not only does Manisha (and her team of qualified therapists and counsellors) apply their expertise and passion to support people through their emotional challenges, they also provide insights and tools to expand clients' mental and emotional resilience and empower them to access and own their innate inner strength, peace and contentment.

Manisha's therapeutic foundation includes comprehensive training in cognitive, somatic and biological trauma therapy and functional medicine.

A Certified Compassionate Inquiry® Practitioner, she is constantly studying and expanding her expertise by adding new therapeutic credentials.



Manisha's unique approach to mental health care blends empathy, authenticity, and a genuine caring for her clients' well-being.



In her tangible and virtual therapy rooms, Manisha's absolute commitment to confidentiality empowers her clients to feel comfortable and safe exploring emotional, relational, personal and professional challenges.

Umbartha : *Crossing Thresholds Together*



Our Vision is:

To guide our fellow beings to liberation through authenticity.



Our Mission is:

To cultivate individuals' self-regulation, self-compassion, and personal empowerment through a variety of transformative therapeutic modalities and tools.



The Varsha Retreat

*A Deep, Gentle, Internal Exploration,
with a Special Focus on Befriending Grief*

Have you struggled to accept the loss of a loved one, your health or physical ability (after an illness or accident), your job (after a downsizing or economic shift), your home or homeland (after a relocation that made sense on all logical levels)?

• WHO IS THIS RETREAT FOR?

Does your heart seem resistant to healing? If your friends have expressed concern about your lack of energy, or noticed that ‘your heart is not in it’—whatever ‘it’ might be—you might be experiencing long form grief. The good news is, you don’t need to wait for ‘time to heal it.’

Grief is something we all experience but few are ever taught to process. Instead, it's shrouded in mystery. Few people ever speak about grief openly, it's an emotion we tend to repress and an experience we (mostly) handle awkwardly or insensitively, as we just don't know how. Kindly intended condolences land heavily. We sense this but truly don't know what we 'should' say or do to be more supportive.

If your curiosity (or desire to relieve your pain) invites you to explore this mystery, to travel through this uncharted land, please consider joining us at **The Varsha Retreat.**

• WHAT WILL YOU GET?

Our featured speaker, Dr Sat Dharam Kaur, will offer practical tools, fresh perspectives and a framework we can use to understand grief as a natural, ongoing, process. Learn how to recognize and befriend your grief, to move with it, and through it, emerging with increased wisdom, self-compassion and wholeness.

During this revelatory journey, you will feel and experience the incredible supportive power of a compassionate community of like-hearted souls. You do not need to walk the path of grief alone. *"We don't heal in isolation, but in community"*
- S Kelley Harrell

Our venue was chosen to support you: The sea, sky and the lush nature in and around our retreat space, and of course, the other compassionate beings in our retreat circle, are here to support you.

[Tap this link to view our beautiful venue](#)

On each of the retreat's 3 full program days, you are invited to:

- Start your day with an uplifting, energizing pre-breakfast practice
- Participate in 4 progressive learning sessions, led by Dr. Sat Dharam Kaur
- Enjoy enriching evening activities
- Nourish your body with exquisite cuisine designed to support your highest levels of health and vitality by our venue's master chefs.

Breakfasts, lunches, tea breaks and dinners are included.

Designed as a family experience, we have created a separate program for children from ages 6 - 17. Focusing on expanding their creativity, confidence and emotional resilience, full details are included after the adult retreat agenda.

Total Package Prices Including all Retreat Sessions, Accommodation and Meals are listed at the end of this brochure. Please note that prices vary based on the accommodation you choose.

Register by Feb 28 to save 10%. Details on page 18.

• **THIS RETREAT DOES NOT OFFER:**

A 'quick fix' or '3-step plan' to relieve your grief or training on the skills needed to support others through theirs. If this is what you're seeking, our retreat may not be a good fit for you. This work requires deep self reflection, the implementation of insights and consistent practice over time.

- **YOUR NEXT STEPS**

If the retreat dates, location and pricing work for you, please join our pre-launch list, by emailing reservations@thevarsharetreat.com with the subject line, "I'm interested" and the number of people who will be attending; just yourself (I'm Interested - 1 adult) or yourself and your family (I'm Interested - 2 adults + 2 children, 7 & 9) . You will receive twice weekly retreat updates and be invited to pre-register 2 weeks before the general public registration opens.

- **HOW TO TRAVEL IN SRI LANKA.**

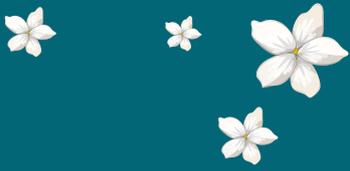
International retreat participants may travel from Colombo International Airport to the retreat venue by private taxis or Uber. You may also reach out to the Varsha Retreat Team to arrange ground transportation at an additional cost.

The Varsha Retreat Agenda

April 21: Day 1 - Arrival and Welcome

- 12 noon **Check in & Registration**
- 17:00 - 19:00 **Orientation & Breath Work Intro -
Manisha**
- Drumming - Siddharth**
- Ayurvedic Consultation - Dr. Ronal
Rathnayaka**
- Nutritious, Delicious Cuisine -
Hotel Master Chefs**
- 19:00 ***Dinner Break***





April 22: Day 2 - Turning Towards What Is Present
*Establishing Safety - Curiosity - Present Moment
Awareness of Grief in the Body*

- 6:30 - 7:30 **Drumming Circle - Siddharth**
- 8:00 - 9:00 ***Breakfast***
- 9:00 - 9:30 **Agreements & Grounding - Manisha**
- 9:30 - 11:00 **Arriving In The Body - Sat Dharam**
- 11:00 - 11:30 ***Tea Break***
- 11:30 - 13:00 **Creating Safety & Choice - Sat Dharam**
- 13:00 - 14:30 ***Lunch Break***
- 14:30 - 15:15 **Noticing Sensations Without
Interpretation - Sat Dharam**
- 15:15 - 16:15 ***Tea Break***
- 16:45 - 18:30 **Meeting Grief as It Is Now - Sat Dharam**
- 18:30 - 20:00 ***Dinner Break***
- 20:30 - 22:00 **The Wisdom of Trauma Movie -
Dr Gabor Maté (Optional)**





April 23: Day 3 - Listening Beneath The Pain

Exploring How Grief Carries Attachment, Belief and Early Emotional Learning



6:30 - 7:30 **Breathwork Grounding - Sat Dharam**

8:00 - 9:00 ***Breakfast***

9:00 - 9:30 **Agreements & Grounding - Manisha**

9:30 - 11:00 **Tracking Sensations To Emotions -
Sat Dharam**



11:00 - 11:30 ***Tea Break***

11:30 - 13:00 **Exploring Meaning & Belief - Sat Dharam**

13:00 - 14:30 ***Lunch Break***

14:30 - 15:15 **Recognizing Adaptive Responses -
Sat Dharam**



15:15 - 16:15 ***Tea Break***

16:45 - 18:30 **Compassion for Survival Strategies -
Sat Dharam**

18:30 - 20:00 ***Dinner Break***

20:30 - 21:30 **Relaxing Drumming Circle
(Optional)**





April 24: Day 4 - Integration

Staying with What Has Been Revealed.

Integrating Awareness.

Relating to Grief with Presence & Choice.



6:30 - 7:30 **Kundalini Yoga Pranah Flow - Sat Dharam**

8:00 - 9:00 ***Breakfast***

9:00 - 9:30 **Agreements & Grounding - Manisha**

9:30 - 11:00 **Differentiating Awareness from Story
- Sat Dharam**

11:00 - 11:30 ***Tea Break***

11:30 - 13:00 **Integration in the Body - Sat Dharam**

13:00 - 14:30 ***Lunch Break***



14:30 - 15:15 **From Self Abandonment to Self
Connection - Sat Dharam**

15:15 - 16:15 ***Tea Break***

16:45 - 18:30 **Living Alongside Grief - Sat Dharam**

18:30 - 20:00 ***Dinner Break***

20:30 - 22:00 **Relaxing Drumming Circle
(Optional)**





April 25: Day 5 - Retreat Closing
Memory Capturing & Farewells



7:00 - 9:00 **Breakfast**

9:00 - 10:00 **Photographs**

10:00 - 12:00 **Checkout**



The Children's Retreat : A Purposeful, Joyful Space for Your Children

By creating parallel, safe, welcoming environments for adults and children, our intention is to support your whole family on your inner explorations so you can grow together.

While you immerse yourselves in the adult retreat, your children will be learning about themselves through play, creativity and movement. Based on the "I Am Special" workbook, our strength-based, trauma-informed program is designed to nurture their confidence, relating skills and emotional wellbeing.

It will also help them:

- Understand who they are and what they feel
- Relate to and befriend one another in healthy ways
- Learn appropriate responses to peer pressure
- Understand how practicing kindness, courage, and other positive values, shapes their world in beneficial ways.

Our gentle trauma-informed guidance emphasises encouragement, safety, and fun.

Led by trained, caring adults in a welcoming, warm, environment, our gentle guidance invites participation, emphasises safety, encouragement and fun.

Each session includes:

- Creative art and colouring
- Games, storytelling, role playing, and movement
- Gentle reflections and emotional awareness
- Simple tools for calming and confidence

We welcome children from ages 6 through 17, who will be grouped by age so each individual child is appropriately supported.

You can feel at ease fully participating in the adult sessions, knowing your children are learning, laughing, and growing in a space created just for them.

“When individual family members are nurtured, family units flourish.” - Manisha Billimoria

The Children’s Retreat:

The price for children aged 6 to 12 years is USD 500 (Price per child includes an extra bed, all meals and participation in the children’s retreat)

Children under 5 Years - Free of Charge

Early Bird Discount: Register by Feb 28 and save 10%

The Varsha Retreat provides an all-inclusive nurturing experience, from dinner on April 21st through breakfast on April 25th. All of your meals, snacks, beverages, and accommodations are included. You have multiple options when it comes to the type of accommodation available, as outlined in our brochure. Please note that **Deluxe Retreat packages** are priced per person. **Premium packages** are priced per room, based on double or triple occupancy. Rates differ for adults and children.

Retreat Payment Plan:

Your Registration can be paid in two Instalments, and until midnight (Sri Lankan time), on February 28, early bird registrants will receive 10% savings. This applies to individuals, couples and families.

Please Note :

If you are a family of two adults and a child under 12, you may book double occupancy in any room package and pay only the additional child's rate.

Our Living Spaces | Deluxe Packages

The below rates are per person and all-inclusive of the retreat cost, accommodation and 11 meals (4 breakfasts, 3 lunches, 4 dinners).

Please note that airport transfers are not included.

Deluxe Package 1

Single Room Per Person (Deluxe Room)

Early Bird Offer USD 967 | Regular Offer USD 1064

Deluxe Package 2

Double Room Sharing Per Person
(Deluxe Room) | Twin Beds

Early Bird Offer USD 780 | Regular Offer USD 858

Deluxe Package 3

Triple Room Sharing Per Person

(Deluxe Room) | 1 King Sized Bed + 1 Single Bed

Early Bird Offer USD 763 | Regular Offer USD 839

The Children's Retreat:

The price for children aged 6 to 12 years is USD 500
(Price per child includes an extra bed, all meals and participation in the children's retreat)

Children under 5 Years - Free of Charge



Our Living Spaces | Premium Packages

The below rates are per room for double or triple occupancy and all inclusive of the retreat cost, accommodation and 11 meals (4 breakfasts, 3 lunches, 4 dinners).

Please note that airport transfers are not included.

Premium Package 1

Junior Suite for Two People

Early Bird Offer USD 1,851 | Regular Offer USD 2,036

Premium Package 2

Junior Suite for Three People

Early Bird Offer USD 2,579 | Regular Offer USD 2,837





Premium Packages

Premium Package 3

Executive Suite for Two People

Early Bird Offer USD 2,017 | Regular Offer USD 2,219

Premium Package 4

Executive Suite for Three People

Early Bird Offer USD 2,745 | Regular Offer USD 3,020





Premium Packages

Premium Package 5

Luxury Suite for Two People

Early Bird Offer USD 2,225 | Regular Offer USD 2,448

Premium Package 6

Luxury Suite for Three People

Early Bird Offer USD 2,953 | Regular Offer USD 3,248

The Children's Retreat:

The price for children aged 6 to 12 years is USD 500
(Price per child includes an extra bed, all meals and participation in the children's retreat)

Children under 5 Years - Free of Charge





For More Information Contact Us At:



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For Reservations, Please Email:

reservations@thevarsharettreat.com



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The Varsha Retreat | Umbartha - Beyond Thresholds