

Inner Child RETREAT

By Meena Iyer

BOOK
NOW!



www.healingcollective.space



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AT CAPITOL
VILLAGE RESORT,
MADIKERI
(COORG)

IN THE BEAUTIFUL HILLS OF
MADIKERI,
UNCOVER THE ROOTS OF
YOUR REACTIONS, BELIEFS,
AND RELATIONSHIPS -
EXPRESSING WHAT WAS
HELD BACK, AND
RESHAPING THE PATTERNS
YOU LIVE BY.





INNER CHILD
*Including
Neurodynamic
Breathwork and EFT*

UNDERSTANDING THE INNER CHILD

Explore how early experiences shape identity, beliefs, and emotional patterns.

MAPPING YOUR STORY

Work through guided questionnaires and reflections across key developmental stages.

EXPERIENTIAL INNER WORK

Visualizations, letter writing, and sharing processes to reconnect with your inner child.

EMOTIONAL RELEASE & REGULATION

Learn tools like EFT and somatic practices to process and release stored emotions.

WHAT YOU WILL EXPERIENCE

PATTERNS & RELATIONSHIPS

Understand family roles, behavioural patterns, and emotional needs.

INTEGRATION & HEALING

Affirmations, anchoring, and re-parenting practices for lasting change.

EMBODIED PRACTICES

Neurodynamic Breathwork, movement, and grounding techniques.

HOSTED BY

Meena Iyer



KNOW YOUR HOST

Meena Iyer is a therapist and facilitator specializing in Inner Child work and emotional healing. She brings together developmental psychology and experiential processes to help individuals understand and shift deeply rooted patterns, creating safe spaces for meaningful and lasting change.

INCLUDES

NEURODYNAMIC BREATHWORK

Neurodynamic Breathwork (NDB) is an active breathwork practice designed to help access and release held emotions, bringing clarity, regulation, and a deeper connection with oneself.

EFT

EFT (Emotional Freedom Technique) is a tapping-based technique used to process and release difficult emotions, supporting calm, clarity, and emotional balance.

PACKAGES

RESIDENTIAL (AC STAY + MEALS)

DOUBLE OCCUPANCY (SHARED ROOM)

₹42,000 per person
Early Bird: ₹37,000

SINGLE OCCUPANCY (PRIVATE ROOM)

₹48,000 per person
Early Bird: ₹43,000

NON-RESIDENTIAL (COORG PARTICIPANTS)

Includes full 3-day program + lunch
₹35,000 per person
Early Bird: ₹30,000

EARLY BIRD OFFER AVAILABLE ONLY TILL APRIL 30TH

Early Bird available till 30th April
Special pricing available for friends / couples /
siblings registering together
(limited and subject to availability)

PAYMENT DETAILS

BANK TRANSFER

NAME - MEENA IYER
ACCOUNT NO - 5488988222,
BANK - AXIS BANK
IFSC CODE : UTIB0005140

UPI@ 9999966540

See you there!

Meena

BOOKING CONFIRMED UPON FULL PAYMENT

Please note: The package includes AC accommodation and meals as per the fixed menu. Any additional requests, custom orders, or room service will be charged separately.

