



Family First

SHARE • CARE • CELEBRATE

India's 1st & Only Family Celebration Retreat

24

25

26

October 2025





What is Family First?

Family First is India's 1st & Only Family Celebration Retreat, created to bring families closer in a world that often pulls them apart.

It is a sacred space where families laugh, forgive, play, and reconnect without the noise of phones, stress, or routine.

At Family First Retreat, you

- **Share your stories, your time, and your heart.**
- **Care for each other through gratitude, respect, and forgiveness**
- **Celebrate the bond that makes you a family**





**It's about healing small hurts, respecting differences,
and cherishing the love that binds generations**

**It's about leaving with a promise — to love more,
fight less, and celebrate each other every single day.**

**Family First is where family becomes your greatest
strength, your greatest joy, and your truest wealth.**

Family First
Because sometimes we forget to put them first





Our 3-Stage Journey

Share

Share your stories, laughter, and feelings
Express the words often left unsaid

Care

Care for one another with gratitude, respect,
and forgiveness. Heal what divides you

Celebrate

Celebrate not just occasions, but the bond that
makes you a family. Every hug, every smile, every
promise becomes a timeless memory

A simple journey, yet life-changing experience





Healing Together

Forgiveness Circle

Let go of misunderstandings, old grudges, and unsaid words.
A space where “sorry” and “thank you” bring tears, hugs, and healing

Emotional Release Sessions

Gentle practices inspired by breathwork, music, and movement help families release anger, stress, and heaviness, making space for peace

Gratitude Moments

Simple yet powerful circles where family members thank each other for the little things that truly matter



Bonding Deeply

Musical Bonding

Families create rhythms together with drums, claps, or voices. No words needed, only laughter and unity

Quality Time Rituals

Gadget-free meals, nature walks, and fun games bring back the charm of family time

Appreciation Rituals

“I’m proud of you,” “I love you,” “You mean the world to me.” Words often left unsaid, spoken here with love





Releasing & Celebrating

Ice Bath / Cold Water Therapy

A fun, powerful experience to release fear and build resilience together as a family

Play & Laughter Sessions

Because families that play together, stay together

Acceptance & Respect Rituals

Families openly share “I accept you as you are,” bridging generational gaps with love





What Stays in Your Heart forever

Moments That Melt Hearts

The laughter of your children, the smile of your parents, the hug of your partner
simple moments you will treasure for life.

Healing That Brings Peace

Unspoken words are said, hidden pain is released, and wounds are healed
leaving space only for love

A Promise That Lasts

Families go home with a written promise, a vow to love more, fight less,
and always put family first





Memories That Never Fade

From gratitude circles to playful games, every experience becomes a story you'll carry and retell at every future gathering

A Vision That Inspires

Through the Dream Manifestation Session, families align hopes, dreams, and blessings creating a shared future to walk toward together

The Wealth That Matters

Not money, not possessions but the wealth of respect, belonging, and unconditional love





What You Receive at Family First Love Yourself More

- Celebrate Family Bonds
- Bridging Generation Gaps
- Holistic Abundance in Health, Wealth & Success
- Road map for Life Transformation





What You will Experience :

1. Wheel of Life
2. Emotional Release Breathwork
3. Ice Bath
4. Inner Child Healing
5. Family Drumming Circle
6. Family Dream manifestation
7. Aqua Sound Healing



Family First Retreat – Investment Plans



Couple / Double Occupancy Package

~~Standard Rate: ₹60000* + GST~~

Special Best Rate: ₹48000* + GST

Child (Below 12 yrs): ₹10,000* + GST

Additional Adult: ₹15,000* + GST

Family / Group Package

(Designed for 4 Members)

~~Standard Rate: ₹22,500* + GST~~

Special Best Rate: ₹18,000* + GST

Additional Child (Below 12 yrs): ₹13,500* + GST



“Secure your place at Family First Retreat today – because beyond memories, you will carry home the priceless gift of a **RENEWED** family bond.”





Enroll Now

[CLICK HERE](#)

Limited seats available to maintain intimacy and quality.

Book now to secure your space.

 **+91 7030 666 222 / 7030 666 444**



www.theharmonyretreat.in

