



BLISS  
NATURE INSPIRED WELLNESS

**India's 1st & Only Self Love Retreat  
Exclusively crafted for the young at heart.**

# *Love You Zindagi*

**A Soulful Journey Crafted by  
The Harmony Retreat**





# 19th Sept 2025

## AWARENESS

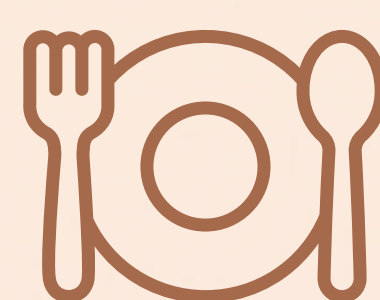
### Release. Forgive. Heal. Reconnect.

#### Sacred Welcome Ritual

Step into a serene sanctuary where your healing begins.



12:00 – 01:00 PM



01:00 – 02:00 PM

#### Sattvic lunch

Nourish your body, calm your mind, and center your being.



#### Freshen Up & Flow

Pause. Breathe. Align with the rhythm of nature

02:00 – 03:00 PM



03:00 – 05:00 PM

#### Opening Circle & Intention Setting

Open your heart and connect deeply



#### Hi-Tea & Heart Talks

Sharing over soulful sips

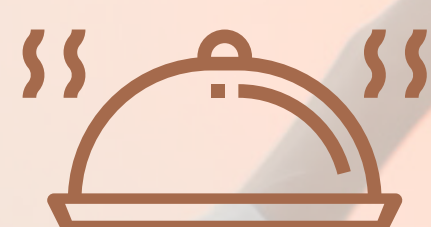
05:00 – 06:00 PM



06:00 – 08:00 PM

#### My Trail, My Story & Therapeutic Breathwork

Reconnect, reset, and regulate with Authentic self



#### Sufi Musical Night & Delightful Dinner

Let melodies soothe your soul as silence holds your heart.

08:00 – 10:00 PM



10:00 – 11:00 PM

#### Aqua Sound Healing

Float into a deep state of bliss







# 20th Sept 2025

## ACCEPTANCE

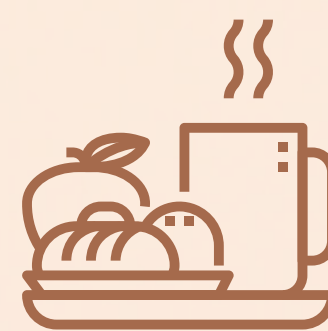
Dream. Envision. Manifest.

### Sunrise Movement & Breath Activation

Awaken your energy  
with the rising sun



06:30 – 08:30 AM



### Nutridelicious Breakfast

Mindful bites for a mindful life

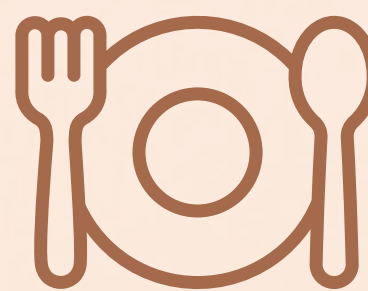
08:30 – 10:00 AM



### Lullaby Love & Gratitude To You

Heal your inner child  
and whisper love

11:00 – 01:00 PM



### Sattvic Lunch

Nourishment for body,  
mind, and soul.

01:00 – 02:00 PM



### Light Beyond Life

Create a new lens to  
view your world.

02:00 – 04:00 PM



### Hi-Tea & Heart Talks

Sharing over soulful sips

04:00 – 05:00 PM



### Guided Souls & Canvas of Life

Surrender and  
co-create magic

05:00 – 07:00 PM



### Drumming Circle & Talent Night

Let your inner rhythm flow

07:00 – 09:00 PM



### Nutridelicious Dinner

A cozy culinary pause

09:00 – 10:00 PM



### Dreamcatcher & Campfire Stories

Manifest the life you desire

10:00 – 12:00 AM



# 21st Sept 2025

## ALIGNMENT Be. Act. Live.

### Sunrise Movement & Breath Activation

Awaken your energy  
with the rising sun



**07:00 – 09:00 AM**



### Nutridelicious Breakfast

Mindful bites for a mindful life

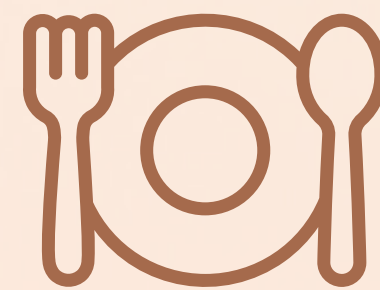
**09:00 – 10:00 AM**



### Rebirth with Ice Bath

Break barriers, embrace resilience

**11:00 – 01:00 PM**



### Sattvic Lunch

Nourishment for body,  
mind, and soul.

**01:00 – 03:00 PM**



### Wisdom with Nutrition

Learn to fuel your future self

**03:00 – 03:30 PM**



### Convocation & Closing Ceremony

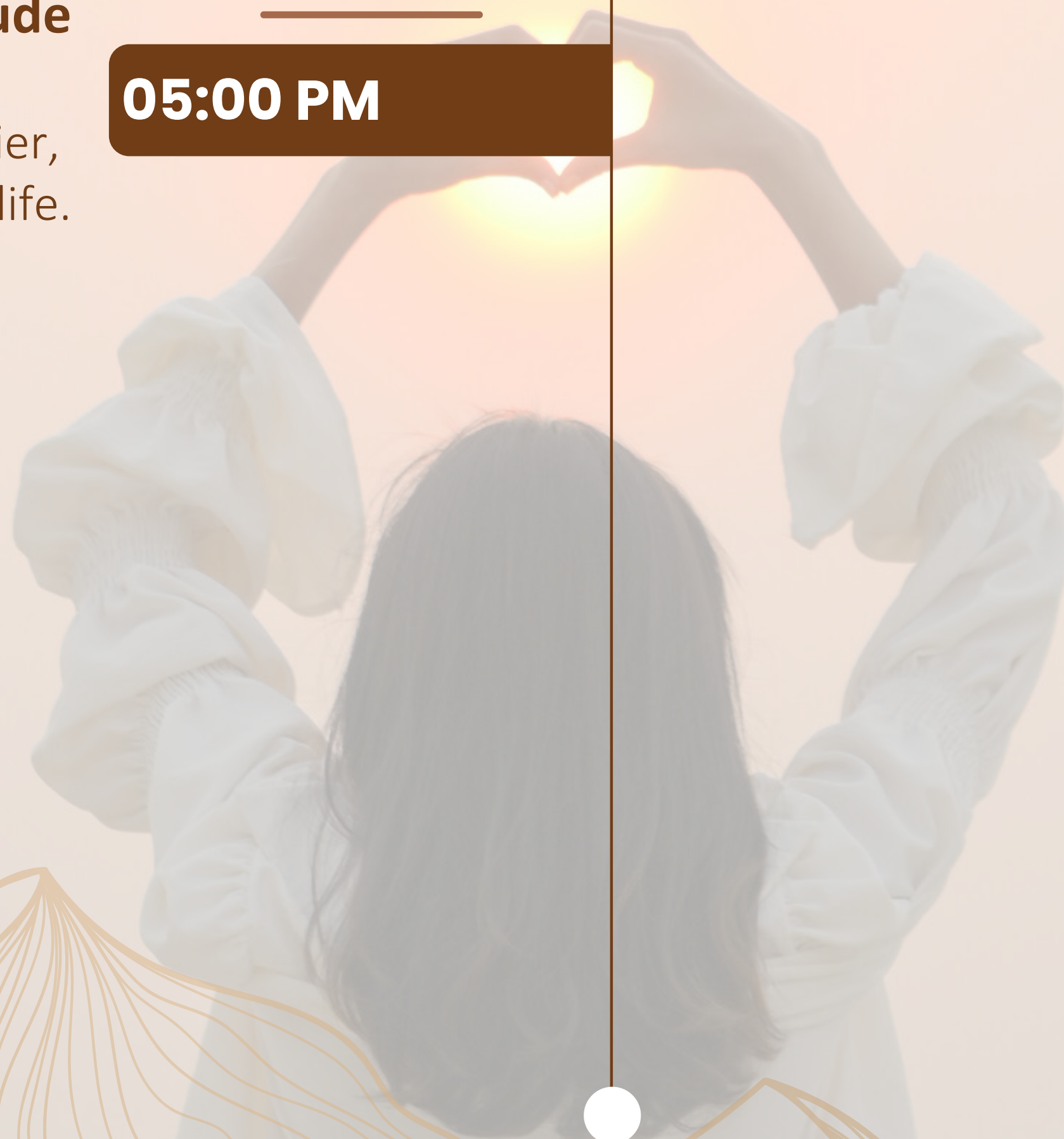
Celebrate your transformation,  
honor your journey,  
and step forward with an open heart.

**03:30 – 05:00 PM**

### Check-Out With Hearts Full of Gratitude

Feel lighter, happier,  
and deeply connected to life.

**05:00 PM**







**BLISS**  
NATURE INSPIRED WELLNESS

**CONNECT WITH OUR WELLNESS TEAM**  
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**TOUCHWOOD BLISS**  
 **IGATPURI**

[www.theharmonyretreat.in](http://www.theharmonyretreat.in)