



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

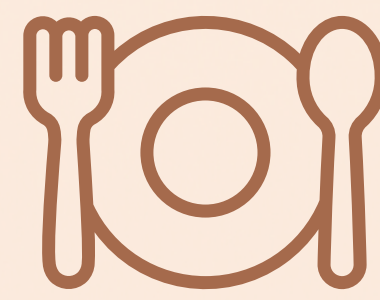
The first breath of healing — the moment you finally see yourself, as you are.

Sacred Welcome Ritual

Step into a serene sanctuary where your healing begins.



12:00 – 01:00 PM



Sattvic lunch

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

01:00 – 02:00 PM



Freshen Up & Flow

Pause. Breathe. Align with the rhythm of nature

02:00 – 03:00 PM



Opening Circle & Intention Setting

Open your heart and connect deeply

03:00 – 05:00 PM



Hi-Tea & Heart Talks

Sharing over soulful sips

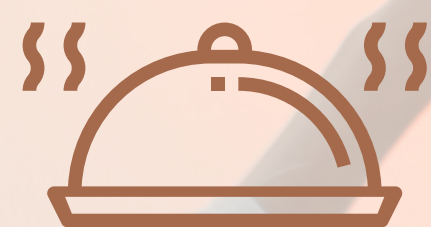
05:00 – 06:00 PM



My Trail, My Story & Therapeutic Breathwork

Reconnect, reset, and regulate with Authentic self

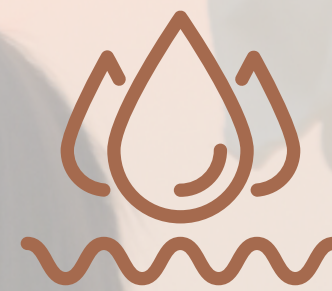
06:00 – 08:00 PM



Soulful Musical Night & Delightful Dinner

Let melodies soothe your soul as silence holds your heart.

08:00 – 10:00 PM



Aqua Sound Healing

Float into a deep state of bliss

10:00 – 11:00 PM





20th Sept 2025

ACCEPTANCE

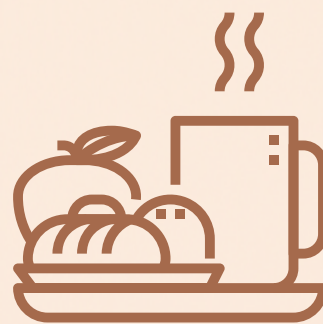
Loving every version of you, even the ones still healing

Sunrise Movement & Breath Activation

Awaken your energy
with the rising sun



06:30 – 08:30 AM



Nutridelicious Breakfast

Mindful bites for a mindful life

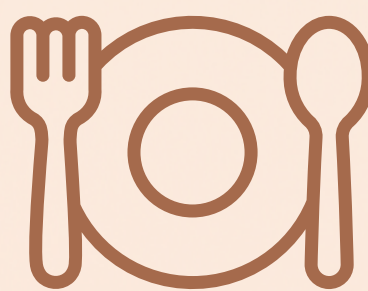
08:30 – 10:00 AM



Canvas of Life

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



Gratitude for 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

Surrender and
co-create magic

05:00 – 06:00 PM



Lullaby Love, Drumming Circle & Talent Night

Let your inner rhythm flow

06:00 – 09:00 PM



Nutridelicious Dinner

A cozy culinary pause

09:00 – 10:00 PM



10:00 – 12:00 AM

Dreamcatcher & Campfire Stories

Manifest the life you desire



21st Sept 2025

ALIGNMENT

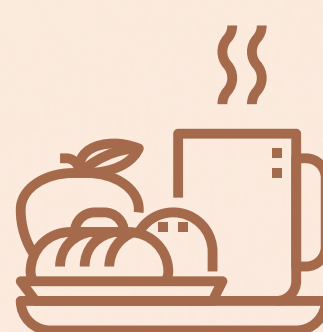
When your heart feels heard, your mind feels clear, and your soul feels home

Sacred Morning Yoga

Flow into presence and embrace the power of now.



07:00 – 09:00 AM



Nutridelicious Breakfast

Mindful bites for a mindful life

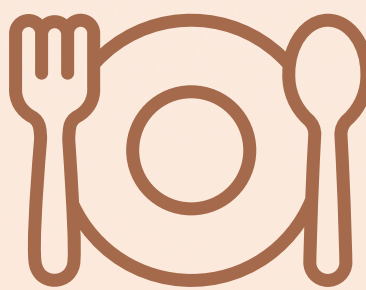
09:00 – 10:00 AM



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

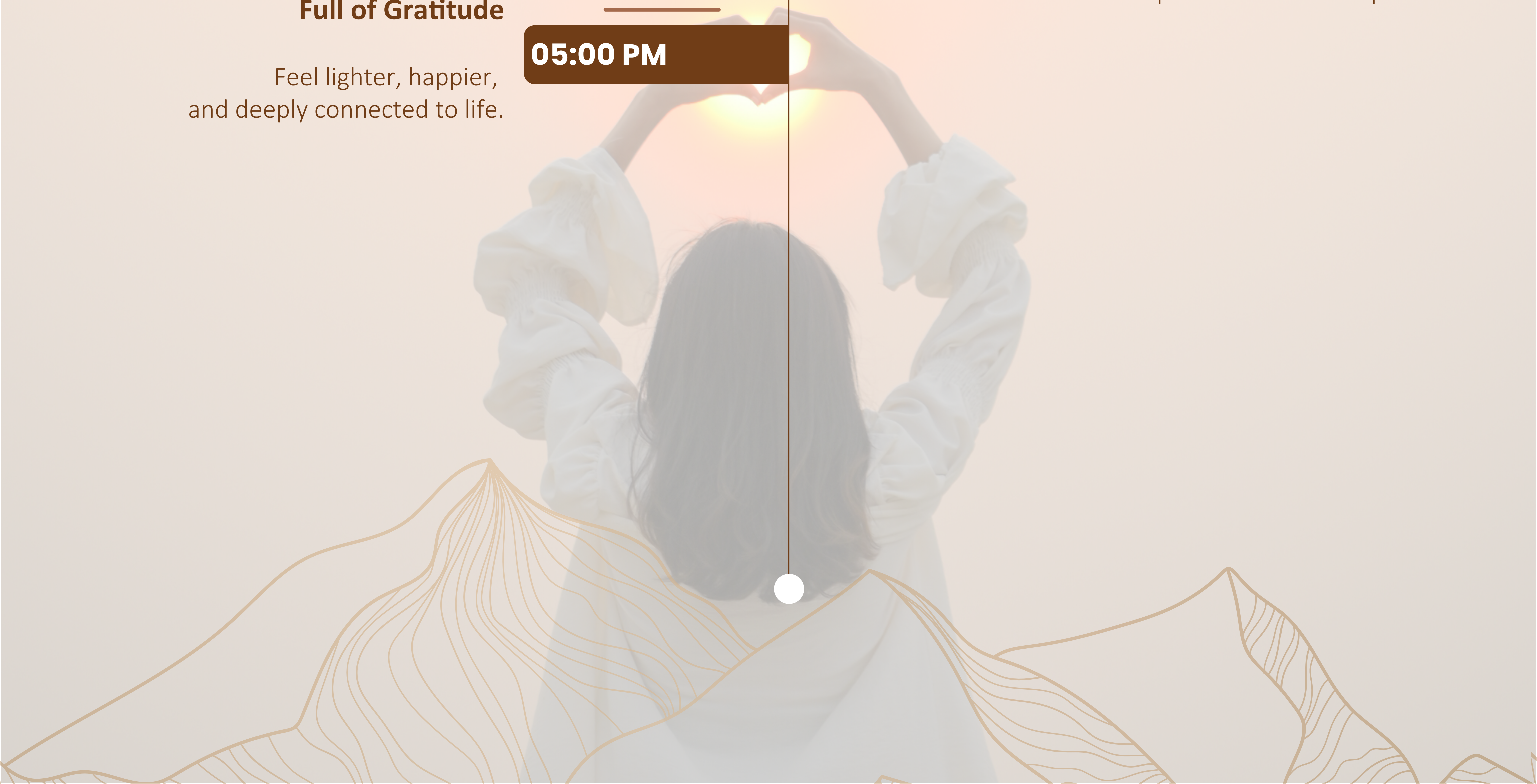
Celebrate your transformation, honor your journey, and step forward with an open heart.

03:30 – 05:00 PM

Check-Out With Hearts Full of Gratitude

Feel lighter, happier, and deeply connected to life.

05:00 PM





CONNECT WITH OUR WELLNESS TEAM
+91 7030666222 | +91 7030666444



TOUCHWOOD BLISS
IGATPURI

www.theharmonyretreat.in