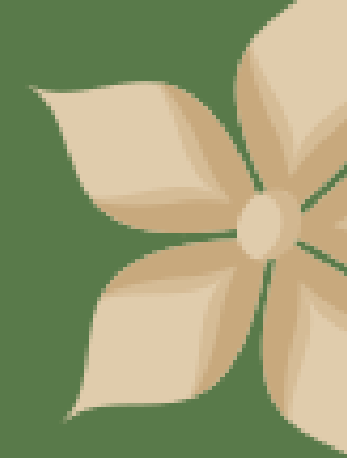


Love You  TM
Zindagi





India's 1st & Only Self-Love Retreat Exclusively for the Young at Heart

A soulful journey by The Harmony Retreat

- Reconnect with your inner self
- Release what weighs you down
- Rediscover the joy of simply being

Through mindful practices, heart-healing sessions, and immersive experiences, you will fall in love with yourself again because **the most beautiful love story always begins with YOU.**



Why Self-Love is Important



A heart full of self-love gives the purest love to others.

**Nourish yourself
and watch your love ripple outward.**

Self-love sets the standard.

**How you treat yourself teaches
others how to treat you.**

It builds emotional strength.

**When you accept yourself fully, life's
challenges don't break you they shape you.**

It silences the inner critic.

**Self-love helps you replace doubt with
compassion and criticism with care.**

It brings inner peace.

**You stop chasing validation outside
when you find approval within.**





It empowers better choices.
From relationships to careers—self-love
guides you toward what truly serves you.

It heals from within.
Every act of self-love is a gentle
unlearning of past wounds.

It boosts confidence
When you love who you are, you shine
without needing to seek the spotlight.

It nurtures authenticity.
Self-love gives you permission to be
real, raw, and unapologetically YOU.

It's the foundation of all love.
When you rise in love with yourself,
every other relationship transforms.



What Is It?

Love You Zindagi
is a 3-day soulful retreat designed
for people who give a lot to the world...
and are ready to give a little back to themselves.

It's not just about rest
it's about reconnection, reflection, and
realignment.

This retreat is your moment to pause, breathe deeply, and return to
the one person you've been putting last
— **YOU.**





What You will Experience

Over three days, participants will be guided through powerful self-love practices such as:

- Therapeutic Breathwork
- Inner child healing
- Sound bath & emotional reflection circles
- Art therapy & nature-based healing
- Movement therapy, barefoot grounding, and more

All in a safe, nurturing, and non-judgmental space surrounded by nature, silence, and heartfelt support.



Where



Touchwood Bliss, Igatpuri

Asia's 1st & Only Family Celebration Nature Retreat

A peaceful, nature-kissed destination tucked in the Sahyadris, offering sattvic food, serene mountain views, and spaces crafted for stillness and connection.

When

19th to 21st September 2025

3 Days | 2 Nights | 1 Life-Shifting Experience



Who Is It For?

This retreat is perfect for individuals who:

- Feel emotionally exhausted despite “having it all”
- Want to slow down and feel more connected within
- Are seeking peace, purpose, and clarity
- Are young at heart and open to gentle transformation
- Have been caregivers, over-givers, or achievers and now want to receive

**Whether you are in your 20s, 40s or 60s
if your heart needs a pause,
this is for you.**

Why Join?

- Because peace of mind shouldn't be your last priority.
- Because the way you love yourself shapes everything else.
- Because you deserve this.





A Life-Transforming Journey

Farmsyde Villa Stay

~~₹34,999~~ ₹29,999 per person + GST

Courtyard Villa Stay

~~₹29,999~~ ₹24,999 per person + GST

For group bookings or custom queries,
our team is here to help.



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**