



THE ART OF COMING HOME TO YOURSELF

A GENTLE GUIDE TO SELF-LOVE



SANTHIKA RETREAT CENTER



THE QUIET ACHE

You give, and give, and give.

But when was the last time you gave anything to yourself?

If you're reading this, chances are – you've been **carrying too much, for too long.**

Maybe you're exhausted but still pushing through.

Maybe you smile for others, while something inside you quietly aches.

Maybe you're so used to putting everyone else first. you don't even know what you need anymore.

You're not alone.

Many of us grew up believing that love must be earned – through **perfection, productivity, or people-pleasing.** We learned to be kind to others but harsh to ourselves. And somewhere along the way, we **forgot how to belong to our own hearts.**



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WHEN SELF-LOVE IS MISSING

When you don't love yourself, not really – it shows up in
subtle and painful ways:



YOU CONSTANTLY QUESTION YOUR
WORTH

YOU CAN'T SAY "NO" WITHOUT GUILT

YOU FEEL ANXIOUS WHEN RESTING — LIKE
YOU HAVEN'T EARNED IT

YOU TOLERATE RELATIONSHIPS OR JOBS
THAT DRAIN YOU

YOU FEEL DISCONNECTED FROM YOUR
BODY

YOU LOOK IN THE MIRROR AND ONLY SEE
WHAT'S "WRONG"

And maybe, deep down, you're tired of surviving this way.

The good news? None of this is your fault.

The even better news? You can rewire the story. And self-love is where it begins.

THERE IS ANOTHER WAY



You don't have to fix yourself to be worthy of love.
You already are.

Self-love is not about spa days or affirmations
alone – it's about showing up for yourself, over and
over again, even when it's hard.

It's choosing to be on your side.

- Even if no one taught you how to do it.
- Even if your inner voice is still more critical than kind.
- Even if you've never felt safe taking up space.

There is another way to live.
And it begins with one gentle step.



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PRACTICES TO CULTIVATE SELF-LOVE

Here are three small but powerful rituals to begin
reconnecting with yourself:

PRACTICE 1: THE MIRROR STATEMENT

Each morning or evening, look into your own eyes in the mirror.

Say:

“I see you.

I’m learning to love you.

You are safe with me.”

Repeat this for 1 minute daily.

 **Why it works:** Most of us look in the mirror with judgment. This practice rewires our relationship with our reflection – and starts building inner trust.



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PRACTICE 2: THE SELF-HONORING LIST

Before bed, write down **3 moments** from the day when you
honored yourself. Examples:

- I rested when I needed to
- I said no
- I nourished myself with good food
- I asked for help

 **Why it works:** This gently retrains your focus toward self-respect – and celebrates your progress.



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PRACTICE 3: THE BOUNDARY WHISPER

Ask yourself these **3 questions** throughout the day:

1. What do I feel right now?
2. What do I need?
3. What would it look like to honor that – without betraying myself?

 **Why it works:** This brings you back into your body and helps you practice self-responsibility – the essence of mature self-love.



These small practices are seeds.
But sometimes, what we truly need is a safe, loving space to grow – away
from pressure, judgment, or distraction.

That's what we created in our **12-Day Self-Love Retreat in North Bali** – a
deep, nurturing journey for women ready to reconnect with themselves fully.

You'll stop surviving – and begin feeling again.
You'll remember who you were before you learned to abandon yourself.
And you'll leave with **real tools, deep clarity, and a heart that knows how
to love** – starting with you.

📅 Join us for 12 days that change everything.

www.santhikaretreatcenter.com
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12 DAYS SELF-LOVE RETREAT

When?

All Year



INCLUSIONS

- 11 nights accommodation
- 3 meals a day
- Daily yoga & meditation
- Self-awareness workshop
- 4 excursions
- 3 SPA treatments
- 2 Private sessions
- Cultural activities
- Transfer

Price

From 1750 USD

Arrivals on

Any day

Read
More

Here, you'll be held in a powerful mix of:



Yoga and meditation that meet you where you are



Sacred rituals and fire ceremonies for release and renewal



Transformational games and group sessions that reveal what you really need



Restorative bodywork, nature experiences, and personal consultations





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www.santhikaretreatcenter.com



Santhika is more than just a retreat center, it's a **spiritual sanctuary** where people from all around the world gather to share meaningful experiences and expand their consciousness. Whether you're seeking to **slow down, release stress, or delve deeper into your spiritual journey**, our retreats offer the perfect space for **growth and renewal**.

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