

how to do a retreat *personal and/or professional*

EARLY BETA – Copy Only, Graphics to come later | Jenny Girl Friday

About Retreats Remove yourself from the world, to get space and perspective ... to catch up to work + life, fill the reserves, and/or to get prepared for making changes or forward motion. Retreats are most effective when your body is very comfortable, and you're in a surrounding you truly enjoy – whether in your home, at an Airbnb, a borrowed place, or a retreat center – and you have designed the experience. Retreats can be done alone or with others.

Results ...vary of course! Here are some typical ones – relaxation, de-stressing, your nervous system gets a break, new insights, mental clarity, easier to make decisions, new ideas for life or business, and/or building momentum for a new project. They are good for us, for many reasons. Also, usually, they prove to be an investment money-wise – often yielding the courage to up level our business or self-care (and thus, effectiveness) in some way.

Prepare

Time and Setting

- Choose date / dates
- Block off on calendar
- Choose a location – where you and your body will feel comfortable, safe, not distracted by the world. Include access to nature, if possible.

Choose the reason

- Taking Stock (3 program options)
 - Rest / fill the reserves (2 program options)
 - Debrief/Reflect
 - Intuition
 - Inspiration
 - Focused project
 - Try a new skill/start a new hobby or pursuit
- AND,
- Review the Programs (attached) – to make a list of what you want to bring

Pack (or set out) what's needed – choose what applies

- Favorite foods + beverages – choose ahead of time, ideally do some prep work
- Comfy clothing
- Things to set the vibe – candles, crystals, flowers, aromatherapy
- Body/Activity needs – bath salts, yoga mat, meditation cushion, favorite music
- Play/Fun tools – coloring book, puzzle, game, movie or show, make-up, nail polish
- Reflection tools – journal, pens, calendars, oracle cards, sketch book

Get prepared to block out the world

- Let people know you're on a retreat
- Get all people and animals in your life taken care of
- Set up auto-reply for email and block off any electronic calendars

At your Retreat

Night before

Block out the world

- ___ Turn off apps on phone/computer – email, Instagram, texting, marco polo – anything that connects you to the outside world
- ___ Turn off any alarms
- ___ Consider a bath before bed, or anything to relax you

Set the intention

- ___ What do I most want to take away from this retreat?
Options: ask yourself aloud before going to sleep, wake up to find the answer, share with a friend, write in a journal

Retreat Day / Days

Morning

- Sleep until you awake without any alarm clock
- Perhaps stay in bed for a few extra moments
- Move slowly and take care of your needs in any order – coffee, breakfast, shower, consider a bath or sitting outside to look at nature
- Put on comfy clothing
- Warm up to the day – perhaps read an inspiring or fun book, maybe journal, doodle

Retreat Program

- Follow the instruction for your Retreat Focus
- Keep your body comfortable throughout the day
 - Adjust temperature – with blankets, thermostat, sun/shade
 - Stop to eat and drink whenever you like
 - If sleepy, lay down for a nap or just to stare out of the window
 - Optional – do restorative yoga, or listen to favorite music and dance or sway
 - Try to do everything just a little slower than normal
- Take breaks from your work, unless you are really into it!
- If with other people, consider not talking about what you are processing ... until dinner or the end of the retreat

End of Day

- Choose to end your day, when you wish to – late afternoon, dinner, after dinner
- Do something fun and relaxing – watch a show, do a puzzle and listen to favorite music, play a game with others, go for a long walk

Close out the Retreat

- Put away any tools
- Look over your work
- Go for a walk / take a bath to mentally review what you've done ...and/or have a conversation with a co-retreater
- Ask yourself
 - What were the top discoveries?
 - What's one take-away from this experience?

Return to your world

- Move slowly, be gentle with yourself