

## Program Options for Resting Retreat

### Option A

#### Prepare

- The night before, or that morning - Create a little playground for yourself – books, puzzles, crafts, walks, destinations, nature play, relaxation tools.

#### Ready...get set...Relax!

- Spend your day doing whatever you want, every minute...with the knowledge that rest is essential medicine for your body, mind, heart, and soul. Resist temptations to check emails/texting. If you feel guilty or bored, just notice, and then get back to whatever you're doing. Pretend you're getting paid \$\$ or winning an award for fully relaxing.

#### End of Day Reflection

- What did you notice? How did you spend your time? Did any desires or new thoughts come up? Did you get enough relaxing, or do you need some more? When can this happen? What would it look like to continue this practice in some way in your regular life?

### Option B

#### Prepare

- The night before, or that morning - Create a little playground for yourself – books, puzzles, crafts, walks, destinations, nature play, relaxation tools.
- Plan to spend time with the ratios listed below. Whatever time you have set aside for this retreat, we'll want to split into specific ratios – Relax – 50%, Play – 25%, Inspiration – 25% .

#### Start Your Day

- Wake up, ask what do I want to do for the first part of the day? What sounds fun/luxurious? If there's no answer, it's fine. Go on with your morning routine.

#### Begin

- **Relax** - the first 50% of the time set aside. When I mean relax, I really mean it ... escape, indulge, guilty pleasures. Whatever sounds luxurious. Like so lovely, you wouldn't even want to tell anybody.
- **Play** - the next 25 - 30%. Go do something with your body, where you get to play. Ideally in nature. And, by that, I mean you get to experiment, try, imagine, without consequence. This might be walking, collecting rocks, and making in a line. It could be building a sandcastle. Collecting materials to make a mandala. Adult coloring books. Making sugar cookies to decorate. Go swimming. Build with legos. If work ideas come up, great. If not, great. Just let the ideas float around.
- **Inspiration** - the last 20 - 25%. Now, check in with yourself. How are you feeling? If you can, journal freely for the remaining time. Here are prompts if you need them. Do you have any new ideas? A desire? A strategy? What do you want more of? What do you want to be rid of?
  - Usually, at least one potent idea will rise to the surface for you to act on.