

How to turn an afternoon into a retreat



Opening ritual:

You might start with “Now I am leaving my busy life. I have done all I can for now. I am enough.”

Find a place to walk in nature or even open a window and breathe in some fresh air.

Take a few deep and slow breaths. Roll your shoulders and do a few gentle stretches.

Leave all phones and electronics behind. Don't worry, it will still be there when you return.

Create an intention for your mini personal retreat:

Ask yourself “What do I need to nurture myself right now?”

This can be done in your mind or by taking some time to write about this.

Questions you can explore as you create your intention for this experience.

- What do I most yearn for in a replenishing experience right now?
- What I hope will happen on my retreat is...
- Can I allow myself to relax and simply be?
- How can I love myself even more?
- What do I need to do next in the area of my spiritual growth?
- How can I make time for myself (my relationship, my life, growing my career)?
- How can I create more peace, health, lightness, and/or joy in my life or my body?
- What is the best way to lift the sadness that I feel?
- How can I listen to and honor my own inner wisdom?

I suggest getting a special journal for your mini personal retreats.

Closing ritual:

You can do some light stretches and raise your arms over your head.

You might close with, “I now return to my regular life, I can come back here whenever I choose”.

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I work with women and couples to bring more joy into their lives.