



Personal Retreat Planner

By Camelia, Woman in Her Prime Ready for Change

What is your intention for your retreat?

It's time for a fresh start. I've had several personal setbacks this year, and I'm having a hard time getting back into the groove of life. I've spent so many years being the person everyone else wanted me to be that I have completely forgotten who I want to be! My intention for this retreat is to rediscover ME!

For what questions are you seeking answers?

What will truly fulfill me? What people, places, things, activities and attitudes will make me feel full and content in my life? I feel so out of touch with my own inner needs and desires.

Once I figure out WHAT I need to curate my life, I'll need to figure out HOW to collect it. What can I do to bring the people, places, things and activities that I need to fruition? During the retreat I plan to explore some new activities that I hope will allow for deeper connection - with myself and others - when I return home to Ohio.

Arguably the most important question; what can I do to keep a positive attitude while working toward my life of abundance?

I will try to address all of these questions as I create my personal mission statement. More about that later!

How will you spend your time?

For the past year or so, I've been reading a little bit about the Japanese art of forest bathing. I was happy to see this included in your list of retreat activity ideas. The idea of forest bathing for therapy just makes so much sense. Of course it is good for your mind, body and spirit to be one with nature. I think we instinctually understand this as children but lose the connection as adults. I'm going to try to re-establish my connection.

I've ordered the book, "Your Guide to Forest Bathing" by Amos Clifford, and I plan to read it before the retreat. Hopefully, I can incorporate what I learn into my practices during my retreat. Originally I thought forest bathing would be more suited for the April retreat, but there is something alluring about forest bathing in the quiet of winter.

I want to make sure and stop by The Great Googly Moogly while I'm in town and checkout their selection of crystals. I seem to be getting significantly more woo-woo as I age. :)

It may be a little intimidating, but I also want to have a indulgent dinner at The Station (including dessert). Just me, celebrating me.

What will you avoid while on your retreat?

I need to avoid negative self-talk and be more compassionate with myself. It's been a struggle, but now I'm free and I need to relish in my freedom. I also want to challenge all of the expectations I have put on myself.

What do you want to experience, explore or learn?

I'm going to try to reconnect with my spirituality by attending a Sunday service at St. Andrew Episcopal Church in neighboring Oak Hill. I read on the Lafayette Flats blog about the stained glass that Elizabeth Grafton created for this house of worship, and I found myself very drawn to her style. I'm hopeful that the combination of the holy ghost and inspiring art will lift my spirits.

I'm also going to bring my old macramé supplies. I really enjoyed this hobby years ago, and according to Pinterest, it is really making a comeback.

What kind of restorative practices will you plan?

I'm certainly not in the physical condition for yoga ... yet, but I would like to use the private studio to practice meditation. I've downloaded my "Headspace" app and I'm anxious to give it a try.

I've also been reading a lot about the phases of the moon. Perhaps the new or full moon will occur during my retreat and I can use the yoga studio for an intention setting ceremony, or maybe I will be able to see the moon in the New River Gorge! Oooo!

I'm so looking forward to a massage in my flat. It is such a luxury for me, but I truly believe it will do my body good. I've been carry around so much stress for so long...the poor massage therapist is going to have a lot of work to do.

What do you want to take home with you?

A personal mission statement. It may sound silly, but I'm a little obsessed with the idea of crafting a personal mission statement. I think seeing my values written down on a piece of paper will help me stay aligned with the ideas that are important to me. I want this to be something I can live by; something to keep my life on track. I found a helpful website and work-sheet by Andy Andrews that I plan to use.

What do you need to bring?

Comfy clothes and pajamas

Macramé supplies

Rose quartz, smokey quartz and amazonite crystals

"The Crystal Bible" and "Your Guide to Forest Bathing"

My journal

Personal mission statement worksheet

Gel pens

My Winter's Hill Estate rosé from my trip to Oregon

My pillow

Lavender oil

Mom's banana bread