



Personal Retreat Planner

By Elizabeth, Super Busy Mom and Wife

What is your intention for your retreat?

I will rest my mind, nurture my body and return to my life as a wife and mother restored. My life is getting busier and busier, and I'm not taking the time I need to be whole and present.

It's like putting on my oxygen mask before helping others, right? I need to work on my self-care before I can truly give what the others in my life need.

My sweet husband is taking full charge of the kids and house during my retreat, and I could not be more grateful to him! I can't wait to get back to my family restored!

For what questions are you seeking answers?

I'd like to figure out how to change the routines that are causing me stress and develop new routines that can bring more joy into my life. I want my kids to grow up with a happy and loving momma.

A few years ago I read "The Happiness Project" by Gretchen Rubin and LOVED it. I've always wanted to build my own happiness project, but it takes a lot of attention and focus which both seem to be lacking in my day-to-day life. This retreat will allow me the time I need to really develop my happiness project for upcoming year.

How will you spend your time?

Most importantly, I am going to come up with a meal prep plan to start when I return home. I spend SO much time thinking about and preparing food...there has to be a better way.

In the evenings of my retreat, I'd like to really focus on healthy skin care (masks, steams) and detoxifying baths with Epsom salts. I just love the bathtub in Quinnimont and can't wait to sink into it every night!

I'm also going to try and make natural bath bombs to use and give to my friends and family as gifts. I think it could turn into a fun hobby, and it's another great way to incorporate my essential oils into daily life. Not to mention, bath bombs are expensive!

What will you avoid while on your retreat?

I'm not going to consume any processed foods, white sugar or alcohol while I'm on my retreat. I plan to use this time as a bit of a detox from the bad stuff I've been putting in my body at record speed. Fingers crossed.

I'll bet this detox will be EXTRA important after the gluttony that is the holiday season! :)

What do you want to experience, explore or learn?

I'd like to try solitary hiking on the Endless Wall Trail. I can't even remember what it is like to be alone and quiet. During my hike I'd like to collect photos and curate a little scrapbook with natural souvenirs that I can use to reflect on after my retreat is over and show to my sons.

I also want to swing by Tamarack and check out their self-care goodies and West Virginia art. And speaking of art...I can't wait to see the collection at Lafayette Flats! I know a few of the artists with work at the Flats and I'm excited to see how it is incorporated into the décor. I'd love to start collecting art when the kids get a little older.

I also want to try the kombucha on tap at Kool Beanz!

What kind of restorative practices will you plan?

I plan to kick off my “30 days of Yoga” practice with “Yoga with Adrienne” on YouTube (yeah, a little late, but better late than never). I definitely see several bubble baths in my retreat and I’d love to watch my favorite Wes Anderson movies (not Disney flicks!) - I love the color pallet, balance and beauty of his scenes.

I am also going to schedule a Swedish full-body massage as a special treat to myself! This is another way to push the toxins out of my body.

Most importantly, I’m going to sleep in! Of course I will probably still wake up at 6:00 AM, but at least it will be a leisurely 6:00 AM. :)

What do you want to take home with you?

In addition to my meal prep plan, I’d like to create a beautiful morning routine that I can take home with me and practice every day. I’m normally so rushed that I eat quick and unhealthy food, throw something at the kid and leave the house stressed. I feel like I need to be physically removed from my regular routine to take the time I need to create a new one.

As I wrote earlier, a good attitude will be the most important take-away from my retreat. I can’t wait!

What do you need to bring?

Bath bomb recipe and ingredients

“Happiness Project”

Notebook & pens

The Emily Ley Simplified Planner that I *hopefully* receive for Christmas

Detoxifying natural clay face mask

My fave magazines (I can’t remember the last time I read a magazine)

Joy essential oil

Yoga mat

Ipad