



Setting Up Your At-Home Retreat

Going on retreat in your own home is an incredible opportunity. The invitation of every spiritual practice and wisdom teaching is to integrate the teachings into your ordinary everyday life. When we do retreats in the context of our own home, integration is well-supported.

We have designed this retreat with fluidity and flexibility in mind. This means that you can join us both if you have the whole week off to do nothing but be on retreat AND you can also participate in this retreat while also taking care of some work, personal, or family responsibilities. Every session will be recorded in case you have to miss one.

Here are a few encouragements:

1) Please set up a private space where you can be comfortable, both in meditation and in conscious movement. Taking care of our bodies is core to being on retreat. For sitting meditation, it is helpful to have a comfortable cushion or chair, so that you can find a relaxed, grounded, upright position. If you have a physical challenge and need to lie down for meditation, this is OK too. You also might want to have different options available for sitting or standing during our group sessions, in order to honor your body's needs

2) It can be helpful to set up an altar in your retreat space... OR if you have an existing altar, add a special object to it signifying this retreat. This object might be a symbol of your intention. This object might symbolize an ally or inspiration whose support you want to feel throughout our retreat. This object might also be an energetic reminder of the deep feminine.

3) It is helpful to create a sacred container around your retreat. This means setting conscious boundaries to protect retreat experience. For example, if you can turn off your cell phone/internet for the entire retreat in order to focus within, that would be deeply supportive. If you cannot, then please at least have your phone off during our scheduled sessions, and pick windows in your day to consciously respond to communications.

4) If you are doing this retreat in a home that you share with others, perhaps your partner, family, kids, or pets, then please let everyone know your retreat schedule so that you can have privacy for our sessions. Enroll the people you live with to support you in this special experience. Let them know how important it is for you to receive the nourishment of a women's retreat and find ways they can support you.

5) You are encouraged to take care of any errands, food shopping, etc before the retreat begins, if possible. That way, you can simply be at home and engage in the body-based and nature-based practices there in your free time.

6) Nourishing food is always supportive while we are engaged in inner work. Give some thought to the kinds of foods you want to have around. You might want to prepare for retreat by cleaning your home and cooking some delicious meals for you to enjoy during retreat. Think of this as both a holiday and an inner journey. How much love and care are you willing to gift yourself?

7) Lastly, if you do have other things to take care of during our time together, consider setting up a Retreat Schedule for yourself. Perhaps you wake up, do your morning meditation or yoga practice, have some breakfast, and then spend some 1 hour taking care of communications before we begin. OR maybe you spend a long leisurely morning enjoying yourself and take a little time every afternoon for responsibilities.

8) The most important element is that you have some space and time each day to reflect on and integrate our work. As much as possible, allow this to be a week honoring yourself.

9) It is helpful to familiarize yourself with Zoom before we begin, and to make sure that your audio works.. It is ideal to join us with your video on, but if that is challenging, you are welcome to join via audio. We will be creating a conscious community through Zoom, so if we can both hear and see one another, our sense of community is even stronger.