

ACTIVITY	DURATION	NOTES
Morning Meditations	First thing on waking; ~30min	Breath & Release practice
Morning Yoga	~1 hr	Gentle Flow
Breakfast		<i>Recipe Suggestions:</i> Quinoa & Peach Oatmeal
Contemplation & Journaling Session	~3 hr	Complete the ikigai & values exercises and create your gratitude jar
Lunch		<i>Recipe Suggestions:</i> Buddha Bowl
Meditative Walk	~1 hour	No headphones; walk intentionally, mindfully observe the sights, sounds and smells around you.  Allow whatever dominates your senses to draw you in.
Vision Board Session	~2 hours	Reflect on your values and the life you want to create and get creative!
Afternoon Restorative Yoga	~1 hour	Gentle, healing, supported yoga: > Use Bolsters or pillows > blankets > eye pillow > gentle music
Dinner		<i>Recipe Suggestions:</i> Soba noodles with tofu or grilled chicken
Evening Soak	~1 hour	Add some epsom salts or magnesium, light some candles, turn on some gentle music and unwind in the bath.  Give your feet, calves and legs extra love with some self massage and gratitude for carrying you through the world
Evening Meditation / Wind Down & Lights Out	~30 mins	Wind down the day to a Yoga Nidra on Insight Timer or listen to gentle music as you drift to sleep

**If you have more time - you can spread these activities over more days - and add in**

- Book a Relaxation Massage; or Facial (or give yourself your own)
- Read a wellbeing book or magazine
- Enjoy a nap
- Mindful colouring or puzzles

*Need more support to create your retreat? Check out my Retreat packs and 3 day retreat program at:*  
<https://www.annmariegrace.com/shop/self-led-retreats>

## Before your retreat:

- Limit (or reduce) use of alcohol, caffeine and any (recreational drugs) and meats
- Prepare mentally and carve out space
- Plan time off work and family commitments
- Tell friends and family that you'll be on retreat and unavailable for the day you've set aside
- Decide which recipes you'd like to make, purchase ingredients ahead of time (make ahead of time if you can) and remove sugary and 'snack' temptations from your environment
- Purchase and fine any supplies you require to have your retreat
  - Journal & pen
  - Vision board (Canvas or large paper, magazines, scissors, glue stick, paints, stickers, etc)
  - Yoga & Meditation Materials (Yoga mat, bolster, blocks, straps & blanket)
  - Gratitude jar materials (empty jar, stickers, sparkly bits & pieces)
  - Download Insight Timer to access meditations
  - Book in any massages, facials or other treatments you'd like

## When you're on retreat – as much as possible:

- Limit (zero) technology and external interactions
- Maintain a sacred boundary around people and their access to you (friends, family, work, etc)
- Choose if you want it to be on a silent retreat (no talking to others, texting, etc) – there is profoundness to be had in the stillness
- Meditate, move, read, contemplate, journal and be mindful of thoughts and experiences
- Follow the suggested itinerary for best results
- Early to bed

## Following your retreat

- Identify new habits you plan to stick to
- Move gently back into every-day life
- Keep you vision board, Ikigai and Values in a place you can see every day
- Decide if/how much you are going to consume (technology, meats, caffeine, alcohol, etc)
- Continue to carve time into your schedule for yourself
- Meditate
- Move
- Continue your healthy eating & sleep hygiene
- Use your journal
- Create space for contemplation
- Actively show gratitude
- Hone your mindfulness, watch your thoughts and intentionally choose mindful movements to add into your every day life