

~Kindness Retreat: A Weekend of Practice & Self-Care: Feb 7-9, 2020~



Choose a Location

The transformative power of mindfulness involves bringing practice into your everyday life. That's why holding a retreat right where your life takes place can be amazing. We realize that finding time and space within the walls of your own life can be very challenging, maybe even impossible. Perhaps it is necessary to leave your home and find another space to hold this retreat for yourself. If so, choose somewhere quiet with dependable internet connection—this may mean renting a space or asking to use the space of someone you know.

Plan Ahead

A lovely aspect of an online retreat is that you get both the togetherness of community while attending uniquely to your personal situation. Do you like incense or essential oils? Need something special for your diet? Prefer a warmer temperature in your home? Want to take a long bath at the end of the day? All these are possible during this retreat, without forgoing the blessing of connection with others.

Preparation Suggestions

- **Tidy up your space:** Add a few touches: flowers, incense, fresh sheets on the bed, etc
- **Put things away:** Remove items that may trigger you to move away from the experience of practice and caring for yourself: for instance, put away to do lists, cover TVs, etc
- **Plan meals:** Have nourishing food and drink that you enjoy on hand
- **Inform others:** Tell those who share the same space with you what you need for the weekend (quiet, not being disturbed, etc)
- **Gather supplies:** Having too much is fine. You can always choose not use something you think you might need or want.

This retreat focuses on kindness and self-care. Delicious guidance will be provided throughout. Make your space and experience as delicious as you like, which will nourish a deeper sense of practice. This is not the time for heroic acts of giving up caffeine, sacrificing sleep, and so on.

Supplies you may need or choose to have nearby:

- yoga mat
 - cushions
 - blanket or throws
 - water bottle
 - teas
 - walking shoes
 - socks or bedroom slippers
 - timer
 - journal and pens and/or art supplies
 - soft music
 - sacred object: one item that holds sweet meaning for you
- Note: Please use your best wisdom around reading during this retreat. If you choose to read during Mind-Body time, let it be something that feeds your soul.