



## Checklist for Your Home Retreat

**Set the Color for your Retreat:** \_\_\_\_\_

Look at your mockup and decide what you plan to do ahead of time.

- Choose your workshops & Register
- Book your healings in advance
- Schedule and negotiate with your people at home\*
- Do your shopping
  - Groceries
  - Pampering Supplies
- Do your cleaning and chores well ahead of time to make it nice and clean

\*Tell your people and pets you will be going on an “in home retreat” and need your privacy and space from them. Do this well ahead of time so it is grounded for all. Set some boundaries. You can build in time with them over the weekend, but tell them when they have to leave you alone too.

### **Scope out Your Local Area:**

If you like to adventure while on retreat, why not find nearby areas or things to do during your free time that are healing for you. It is important to engage your body in movement!

### **Ideas:**

- Walk – chart a fun, vigorous walking/jogging route
- Anywhere you can get fresh air.
- Shop or window shop safely.

### **Meals:**

- Plan your meals ahead of time so you don't fall into your same old routine.
- Have an enjoyable Beverage for the Saturday social
- Have something special that makes you feel like you're on vacation.
- Prepare things ahead of time, so when the retreat arrives, its effortless and high-havingness.

## Setting the Space in Your Environment:

- Create a quiet, separate room with Privacy
- Have a reliable computer/device with good internet connection
- Set up Your Sanctuary Space with any of the items below that appeal to you.

## Try to appeal to all of your senses:

### Sight - Make your environment beautiful to you

- Clean the house in advance
- Get rid of the clutter - set it at zen
- Clear distractions in your room
- On your Device - shut down everything except your online retreat zoom access.
- Put away everything except what you need for your retreat.
- Get Flowers

### Feel /Touch – Make your home retreat area comfortable

- Comfy chair
- Soft blanket
- Fan
- Heater
- Pillows
- Chair pad
- Glasses
- Foot stool
- Comfortable Clothing – Get out your favorite retreat outfits.
- Feathers – to tickle yourself when you get too serious.
- Massagers – for your pampering time.
- Yoga Matt
- Weights
- Pampering Items (see below)
- Anything else you need to support the comfort of your body? Get it!

### Taste – Stock up with things that make you feel supported and nourished.

- Snacks - arranged on a plate, like at a spa.
- Ice Water - with your favorite fruit infusion
- Tea/Coffee tray set up for your morning sessions with a couple snacks on it
- Fruit, Chocolates or treats in a pretty bowl

### Sound - Retreat Music

- Make your area quiet for the workshops
- Set up your access to music,
- Get some retreat like music - set your Pandora or CD to a spa music station
- A water feature or fountain

**Smell – Appealing Scents**

- Incense or Smudge Stick, matches
- Candle
- Essential Oils
- Flowers!!

**Pampering:**

We will have free time for you to pamper yourself. You may want to gather some of the items below. Set your items in baskets, bins or kits to make it easy to access.

**Foot bath:**

- Tub, bucket or large bowl
- Access to warm water
- Towels
- Washcloth
- Loofa/ Scrubbers
- Epsom Salt or soaking soaps
- Lotion

**Mani-Pedi:**

- All above plus
- Nail Clippers
- Nail File
- Cuticle Cream
- Other Desired Mani-pedi devices

**For the Workshops:**

- Paper
- Pencil Pens
- Crayons or colors of some sort
- Journal
- Magazines
- Glue
- Scissors

**Facial Kit:**

- Access to Steam
- Pot of Hot water
- Towels
- Wash cloth
- Hair Tie
- Cotton Compress
- Cleanser
- Exfoliant (or scrub)
- Mask (Mud or Peel)
- Spritzer/Toner
- Face Cream