

Tell a Fairy Tale Retreat

Intention

I intend to reflect on the chapter of my life that is closing, with honesty and gratitude for all it brought me. I intend to walk forward on my journey with courage and confidence, welcoming a future full of magic and love.

Thursday, February 24th: Travel & Settle In

- 11:00: Depart ~ iPOD 'chill' playlist
2:00: Arrive in town: Visit bookstore, explore, lunch
5:00: Arrive at location: Unpack, sage, meditate, check-in call
Dinner: Dinner: Prepare with care and gratitude, mindfully eaten.
Crackers and cheese, fruit, veggies
Optional: Bubble bath, read, positive/uplifting movie, Hot tub

Friday, February 25th: Look Backward to Look Forward

- Morning Activity: Coffee & Journal ~ Why are you here?
Optional: Yoga, Meditation, Daily Gratitude/Poem, Oracle Cards
Breakfast: Veggie Omelette, avocado, fruit, coffee
Outing: Visit Monastery ~ walk/hike on grounds ~ bookstore
Lunch: Salad with all the fix-ins
Afternoon Activity: Meditate & Center
'The Perfect 10 Min Guided Meditation for Centering' by Great Meditation
Select exercises from www.beenyounique.com:
'5 Deep & Meaningful Exercises for your Journey of Self-Discovery'
Optional: Puzzle, read, watercolor painting, coloring book, hot tub
Dinner: Prepare with care and gratitude. Eat mindfully.
Blackened Shrimp Tacos
7pm Check-in call
Optional: Bubble bath, puzzle, read, positive/uplifting movie

Saturday, February 26th: Envision the Fairy Tale

- Morning Activity 1: Yoga class, local studio, 7am (leave at 6:30)
Breakfast: Overnight Oats

~ continued ~

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Saturday, February 26th: Envision the Fairy Tale - continued

Morning Activity 2: Meditate & Center ~

'She Let Go' by Safire Rose/youtube spoken & composed by Jac Godsman

Select exercises from www.beenyounique.com:

'10 Soul-Searching Steps to Achieve the Best Version of Yourself'

Lunch: Egg salad sandwich with side salad

Optional: Hammock nap, Puzzle, read, watercolor painting, coloring book

Dinner: Recommended local vegan restaurant

7pm check-in call

Optional: Bubble bath, spa and facial products, positive/uplifting movie

Sunday, February 27th: The Journey Forward

Morning Activity 1: Meditate & Center

Journal thoughts about the retreat; revelations; feelings.

What are the next steps on your YOUUnique journey?

Breakfast: Yogurt parfait

Morning Activity 2: Mindfully pack, giving gratitude to those things that brought you peace.

Departure: Say good-bye to your retreat.

Thank yourself, give yourself a big hug!

Take forward the peace and love you feel.