

## **Tips for Personal Retreat Planning**

If you think of yourself as an instrument and your life as a piece of music, our increasingly frenetic world makes your song chaotic and your instrument out of tune. A personal retreat is a time to slow down and attune to your natural rhythm and the music of nature.

In planning your retreat we encourage you first to be kind to yourself and respectful of your capacity and limits. Develop a schedule that allows you to relax and nourish yourself with moments of being and doing. Let yourself be creative and write up a schedule, a loving container to rediscover yourself.

Consider time for exercise, creativity, devotional practice, inspirational reading, contemplation, meditation and inquiry. If you find your schedule does not work, re-contract with yourself!

As your retreat ends, see what parts you can integrate into your everyday life to bring more of a healthy melody and rhythm to the music of your life. Over time you can learn to live your life like a retreat; an expression of love, harmony and beauty.