

# PERSONAL DIY RETREAT

Me-Day!

*Pick 1 day & commit to it*

*Make the most of your Me-Day!*

## **Before your Me-Day**

- Print out Retreat Booklet
- Clear clutter (this includes unopened mail!)
- Wash / Dry / Put away dishes
- Put away all laundry
- Gather a few fave recipes
- Stock fridge & pantry
- Get a book from the library
- Clean tub or locate container for foot soak
- Prep food (if you'd like) - I've built in time for prep, b/c cooking is relaxing for many. If you prep beforehand, you'll have more time for 'Activity of Choice'
- Find a friend to do this with
- Gather a journal, candle, bath salts, oil/lotion
- *Prepare to put aside your phone and screens for the day*

## **Activity of Choice**

- Walk
- Garden
- Journal
- Read
- Visit with a friend
- Sit outside in silence
- Create nature mandala
- *Any other fulfilling activity....or do a combo of any 2*

# PERSONAL DIY RETREAT

Me-Day!

## Schedule

7-7:30am Morning Meditation / Journal / Candle / dab oil on wrists

7:30-8:30am – Breakfast / Cleanup (sit outside if possible)

8:30-9:30am – Activity of Choice \*Repeat intention 3x\*

9:30-11am – Yoga Asana / Pranayama / Journal

11-1pm – Lunch / Cleanup (sit outside if possible)

1-1:45pm – Walk or Garden / Light stretch \*Repeat intention 3x\*

2-3pm – Foot soak or bath / Read

3-4:30pm – Activity of choice

4:30-7pm – Dinner / Cleanup

7-7:15pm – Light walk

7:15-8:30pm – Evening Meditation / Pranayama / Journal \*Repeat intention 3x\*

8:30-8:50pm – Restorative twists / Legs-up-the-Wall

9pm – Read / Bed

# PERSONAL DIY RETREAT

Me-Day!

## Morning Meditation / 7-7:30am

Surya bhedana (*to pierce the sun*) - Lightly close left nostril, inhale through right / Close right nostril, exhale through left. Repeat for approx 3 minutes. See or sense taking in the vibrancy of the sun and it filling your being, preparing you for the day.

Meditation - See or sense energy or light at your navel center. See it begin to spiral and spread within, representing your stability and power. Sense this energy and light radiate outward and feel it bring you to a place of centered peace. Remain for a time.

## Morning Journal prompts

- How have you prepared for today?
- What is your intention for the day?
- What are some of your plans for your me-day?
- How will you ensure that you have the quiet time essential for relaxation?

## Late morning Journal prompts / 10:30-11am (*after asana*)

- Write about your day so far. What have you enjoyed the most?
- Today is about quiet and stillness, which makes it easier to understand what you've been experiencing. Write about 1 or 2 experiences, circumstances, choices you're currently facing and the lessons you're drawing from them.

## Light stretch after walk / gardening / 1:30-1:45pm



# PERSONAL DIY RETREAT

Me-Day!

Asana / 9:30-10:30am

Table <-> Child's pose - move in/out 5x, in/exhale to 5



Table <-> Downward dog - move in/out 5x, in/exhale 5-8

Downward dog - hold for 3 breaths, in/exhale 6

Child's pose - walk fingertips left and right for side stretch, hold for 3, in/exhale 5



Mid-lunge twist - move in/out of twist 3x, in/exhale 6

Downward dog - hold for 4 breaths, in/exhale 6

Child's pose - reflect - deep smooth breath



Dynamic Chair pose - move in/out chair <--> forward bend, inhale 5-8

Chair pose - hold for 4 breaths, inhale to 7

Standing forward bend - hold for 6 breaths



Mountain pose - stand tall for 3 breaths

Lunge twist - move in/out of twist 5x, in/exhale to 7



# PERSONAL DIY RETREAT

Me-Day!

## Asana / 9:30-10:30am

Standing forward bend - move in/out 3x, in/exhale to 7

Cobra - move in/out 3x, breathe to 7



Twisting cobra - twist to each side 3x

Cobra pose - hold 3 breaths, breathe to 7

Lie on your right side, in a fetal position for 5 breaths

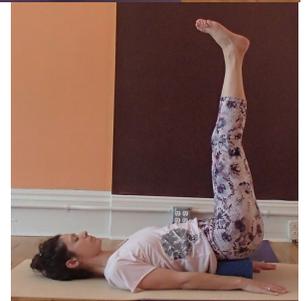


Supine twists - hold approx. 3 minutes each side, in/exhale to 8

Bridge pose - move in/out 3x in/exhale to 8



Legs up (on block if have one) - hold 6 breaths



Savasana - at least 5 minutes; try for 10

- pillow underneath knees, blanket under head and neck, eye pillow or scarf over eyes!



## Pranayama - 5 minutes of sitali (cooling breath)

After savasana, come into comfortable seated position. Every inhale, curl your tongue (or lightly press tip of tongue behind upper teeth) and breathe in, feel the cooling sensation of the breath; exhale relax the tongue and breathe naturally out of your nose. Continue for a few minutes, then relax the technique and sit in silence, feeling the cooling effects in your body.

# PERSONAL DIY RETREAT *Me-Day!*

## Evening meditation / 7:15-8:30pm

Chandra bhedana (*to pierce the moon*) - Lightly close right nostril, inhale through left / Close left nostril, exhale through right. See or sense the full moon below tip of the left nostril, her light filling up your body, feeling soothed and comforted. Repeat for approx 3 minutes.

Meditation - See or sense the light of moon behind your forehead, illuminating your mind. Stay with this brilliance. See the light shining above a still lake, representing your mind and its quietness; every ripple a passing thought. Observe the light of the moon and still lake. Remain for some time, lost in the moonlight.

## Alternate nostril breathing - 5 minutes

Fold first two fingers, use thumb and ring finger to alternately close nostril. Take a breath in and close left nostril and exhale through right, inhale through right. Close right nostril, exhale/inhale left. Continue for a few minutes and feel your mind, body, energy starting to balance and heavily relax.

## Evening Journal Prompts

What did you enjoy about your day?

What was difficult for you or more difficult than you thought it would be?

What could you have done better today?

How can you change your schedule / habits to allow for more quiet time?

## Restorative twists + legs up the wall / 8:30-8:50pm

Gather pillows (bolster if you have one), blankets, and an eye pillow.



**Restorative Twists**

Twist over and lie on top of pillows, relax the weight of your body down and enjoy this gentle twist. Slowly switch sides.

Hold approx 5 min/side



**Legs-up-the-Wall**

Put a blanket or two underneath your pelvis and enjoy being gently upside-down!

Stay for approx 10 minutes