

15

things you might take on a *women's retreat*

by Annette Bridges



The most important things to take on retreat are not things!

- 1** *Your intention.* Have you asked yourself why are you really going on retreat? Going on retreat is about a question. A question for you to ask yourself where you identify your yearning and longing at this present moment in time.
- 2** *Square things at work and home* so you don't have to think about any projects or answer emails and texts while you're gone. There is transformative power when unplugging from others while on retreat – including your telephone.
- 3** *Comfortable* loose-fitting loungewear, exercise clothes, walking shoes, swimsuit, a casual dining outfit, pajamas/robe for sharing a room, *umbrella* and *jacket* just in case for walking around resort. Your toiletries but usually a good idea to leave perfume at home.
- 4** *Complete your retreat homework.* Read the retreat web page carefully including links to the retreat location so you maximize any free time to explore and experience your destination.
- 5** *Your most rested self.* Don't wait till the last minute to pack. Try to get as much sleep as possible the night before leaving. Arrive as early as you can to settle in. Give yourself time to shed the stress you've left behind.
- 6** *No expectations.* Let yourself be surprised.
- 7** Bring a special poem, song, quote, verse, message, etc. *Words that bring you to your center*, that calms you, gives you peace and assurance.
- 8** *Journals.* You may enjoy having time to look back at entries written long ago. Often brings an appreciation of self-progress made.
- 9** Your own personal *choice of snacks or drinks* that bring you comfort and pleasure.



A special pillow or comforter. Anything that makes you *feel at home and relaxed.* **10**

Positive attitude, open heart, readiness and willingness to do some things you've not done before or ponder about things you've not considered before. **11**

Favorite *colored pens, markers, and crayons.* **12**

Headphones for listening to *soothing music* when on your own. **13**

Your own *creative tools*...knitting needles, magazines for cutting up, etc. **14**

Suitcase space for taking home gifts received or art projects you create. **15**

