

## Recipe for a Retreat Weekend

The goal of a retreat weekend is to retreat from life. No telephones, no TV, no interruptions, no deadlines, no errands. I recommend taking your own food so that you don't have to be social and eat out. Twice per year is ideal, usually in the fall and winter for 2-5 days. It is preferable to go alone as this is when you can do some real work with yourself. You want to look at your life and see what it is that you are not getting and try and add it!

The following are some suggestions to get you started.

### Location:

An ideal location is not at home or even in your own hometown. You want to be away from traffic noise and the usual hustle and bustle of every day life including running errands. Take your own food with you so you don't have to leave the premises except to go for a walk.

**Monastery in Nanaimo:** If you ask for a "Silent Retreat" the nuns here won't bother you. The \$75.00 fee per night includes your meals. 250-754-3254

**Seaside Cottage:** This is right in Campbell River. It has a hot tub on the beach and all amenities. 250-923-9298. You will have to book 6-12 months in advance!

**Strathcona Park Lodge Cabins:** Staying in their cabins is ideal. There are no phones or TV's and you can be self-sufficient in their cabins which are right on Upper Campbell Lake. 250-286-3122.

**Cabin on Upper Campbell Lake:** This cabin is rented by Diane and is self-sufficient with a bathtub on the deck! 250-203-0126

### Items to take with you:

The Artist's Way by Julia Cameron  
Simple Abundance by Sarah Van Breathnach  
First Things First by Steven Covey  
Other books to help you with self-discovery  
Your personal journals for journaling

### Home Spa Supplies

Massager  
Shea Butter foot care  
Aromatherapy/ Incense  
Bath supplies, candles  
Relaxation Tape/Music

### Creative Stuff:

Take some creative project that you love to do but don't seem to have time to do. For me it is card making. It might be working on a photo album or a sewing project, an art project or just a reading project.

### Heal Yourself:

Get caught up on your sleep. Take your favorite music with you and some healing music too and come back to life after the retreat rejuvenated. Some folks start the cleansing program on this weekend too.