



Planning the
PERSONAL
RETREAT WEEK
Y O U D E S E R V E

Welcome!

This handy guide is meant to provide a basic road map on your journey to personal healing and self-discovery.

The lovely hamlet of Carmel-by-the-Sea offers the perfect setting for a tranquil escape, but this guide is suitable to aid you through whatever personal retreat you choose to embark on.

These pages contain valuable tips and thought-starters meant to guide you to a peaceful place of personal contentment and positive motivation. Use them wisely, and we wish you only the best!





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You have permission to rest. You are not responsible for fixing everything that is broken. You do not have to try and make everyone happy. For now, take time for you. It's time to replenish...

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“Within you there
is a stillness and
sanctuary to which
you can retreat at
any time and be
yourself.”

~ H e r m a n n H e s s e



REFRESH, REFLECT, DISCOVER, AND GROW

The key to a successful personal retreat is in targeting the personal aspect of your journey. The general aim is to reflect without distraction, gain new and deeper insight, and develop creative solutions and strategies, but how you do it and what you're hoping to overcome are uniquely you, and your plan should be, too.

Ponder your own unique motivations and needs for your restorative escape:

What is the biggest challenge you're facing right now? _____

What is draining you, or leaving you stuck? _____

Are you lacking a certain clarity, or inspiration? _____

Perhaps you're just in need of some self-care and emotional rehabilitation overall.

Consider the ideal inventory in your calming toolbox. What are the items that will help you to find your way to inner peace while bypassing distraction?

A few ideas to ponder include a good book with a positive message, guided meditations, soothing music, and a journal to document your insights along the way. Surround yourself with the things that make you feel good and things that inspire you. Plan for comfortable clothes, essential oils, linen/room sprays or sachets, your favorite mug, blanket, or slippers.

My Personal Retreat Toolbox

Possibly most important of all - be sure to set aside time to do absolutely nothing!



Only in quiet waters do things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world.



~ H a n s M a r g o l i u s



BEGINNING YOUR JOURNEY

Start your process from a place of calm. Begin day one of your retreat with a clean slate through focused meditation, a brief walk, yoga, or a massage. Every day should start and end with a similar relaxation routine. Bring a fresh journal or notebook on your trip and make plans to jot down notes on your thoughts and insights at the beginning and end of each day. Here are some journal prompts to get you started:

- Positive ways you've changed over the past five or ten years.
 - Write down a definition of who you are — the good and the bad.
 - 10 positive affirmations you can recite when overwhelmed by insecurity.
 - 3 simple ways you can love yourself every day.
 - Something you've done (no matter how small) that you're proud of?
 - What makes you feel loved?
- What do you feel you need the most right now, and how can you meet that need?
 - What are the top reasons you neglect taking care of yourself?
 - 10 things you're grateful for.
 - You're at your happiest when you're . . .
 - What activities give you energy?
 - Do your current goals align with your core values?
 - What changes do you want to see in your life in five years?

“

Learn to
appreciate the
gifts you give
to yourself.

”

YOUR ITINERARY



There are a number of activities awaiting you in Carmel-by-the Sea, depending on your personal goals and needs. We have a few ideas to get you started!

- **Stay In: Stream Meditation And Yoga Courses**

The fresh ocean air, happy bird harmonies, and warm sunlight wait to greet you each morning as you begin your day. If you don't already have a preferred source, there is a great list of yoga streams [here](#) and downloadable guided meditations [here](#).

- **Take Morning Walks and Sunset Strolls**

Wander whenever the mood arises, as this is ideal for an invigorating start to the day, or a calming wind down to prepare for a good night's rest. From Scenic Road in Carmel, there is an ideal walking path following the curve of the bluff along the back side of the beach. You may also wish to partake in a sightseeing stroll to explore the iconic local architecture.

- **Natural Escapes: Hike Wooded Trails And Meadows**

Challenge yourself to conquer more difficult trails or enjoy the calm serenity of a simple, scenic hike. Just three blocks from our cottages, consider Mission Trail Park, a 34-acre recreation area with three miles of well-maintained pathways through wetlands, prairies, streams, and forests.

- **Draw Inspiration From Culture: Explore Art Galleries**

Visiting a selection of galleries can provide a much-needed creative spark, as well as a grounding souvenir that serves as a reminder of your retreat achievements. Carmel-by-the-Sea is home to dozens of original art galleries boasting traditional and contemporary themes in an array of mediums.

- **A Taste Of Class: Experience The Local Wine Scene And Cuisine**

Downtown Carmel's [wine tasting scene](#) is not to be missed. Between Carmel Valley and Carmel-by-the-Sea, there are more than 20 local wineries and wine tasting rooms.

- **The Serenity And Power Of The Sea: Book A Whale Watching Boat Tour**

The ocean has a way of making us feel empowered and insignificant all at once. Here, unpredictable wonders await and inspire. Whale watching is a popular pastime in Monterey Bay, as Orcas, Humpbacks, Gray and Blue whales find migratory passage seasonally.

- **Whispers On The Water: Plan a Morning Kayak Excursion**

There is nothing more peaceful than the sensation of floating along the water while the sounds of nature provide the perfect soundtrack. Kayaking is a true escape from the stress of everyday life and provides an extraordinary visual and spiritual perspective.

YOUR RETREAT PLANNER

Use this space to plan each day of your personal retreat. Outline the activities and steps you will take to encourage relaxation, reflection, growth, and enlightenment.

WHAT I NEED: _____

TIME & PLACE: _____

MY DAILY SCHEDULE

(i.e. Monday, Tuesday or Morning, Afternoon, etc.)

MY PROCESS	enlightenment						
	growth						
	reflection						
	relaxation						

Use this space to plan an itinerary customized to your unique needs and goals.

“If you want
to fly, give up
everything
that weighs
you down.”

WINDING DOWN: YOUR RETREAT PLAN


At the end of your retreat week, spend some time acclimating back to normal life. The transition should be gradual, with a concerted effort to integrate what you've learned and the insight you've gained into your daily routine. The insight and awakenings you've experienced should have a ripple effect on your day-to-day life long after you've returned home.

On the final day of your stay, make a commitment to sketch out an action plan that integrates these lessons, and how you will adapt them into your routine. Think about what you've learned about yourself and the world around you, and how these concepts can merge in a positive way to tackle the conflicts that led you to the retreat in the first place.


LESSONS LEARNED / MY DISCOVERIES	HOW I WILL ADAPT	ACTION PLAN / MY NEW ROUTINE

Post-retreat, commit to a personal inventory check-in at a set pace - once every two weeks or monthly is a good start. Are you maintaining the equilibrium you hoped to achieve? Are you keeping stress and overwhelm at bay? Are you consciously remembering that you are enough?





Alone time is
when I distance
myself from the
voices of the
world so I can
hear my own.



A personal retreat shouldn't be considered a one-time experience, but a routine. Consider end-of-year retreats for resolution planning, summer retreats for sunshine therapy, spring retreats for lulling aromas, or fall retreats for crisp inspiration. The seasons can be exceptional guides to healing, but you can also simply adhere to an as-needed approach. Let your needs define your return, and plan your personal retreats whenever you could use a little R&R - reset and reflection.



My next retreat will be

Find more information on Carmel-by-the-Sea
and start planning your next retreat today!

www.carmelretreats.com