

3 Day Mini Retreat

Possible plan for a 3 day mini retreat to be undertaken by Planetary Healers Yorkshire, the White Rose Gaia or My Way Zen.



The format of the retreat is variable depending on circumstances.

Retreat Intentions

At the start of retreat, state your intentions for the retreat, including your intentions regarding the level of fasting you wish to accomplish – e.g. no sugar; coffee; alcohol; no internet/Wi-Fi; bread; lentils (optional).

Optionally hold an opening retreat ceremony which will include setting the intentions and creating sacred space for the retreat.

Sacred Space

Enter the sacred neutral place of non-judgement, in equal co-creation, non-competition, non-hierarchical Union and Communion.

Create a retreat bubble (a sacred space or container for the length the retreat)¹

Invoke your guides and helpers to guide you through the retreat.

¹ There are many ways to create sacred space. This could include invoking a protection field using the medicine wheel protocol or similar; setting up the Rishi codes of AS – Guardian code; Activate the Harmonic shield; lighting a candle; sounding tingshas; incense etc.

Day 1 & 2

Morning

Purification bath in salts
Prayers
Meditations
Qi Gong
Smoothie breakfast – orange juice or the Alkagizer™ Prime²
Reading sacred texts
Dawn Sun gazing

Lunch

[Susan's recipe]

Afternoon

Walk in nature
Reading or contemplation
Evening Sun gazing

Evening

Light evening meal around 6pm
Relevant Film³ or reading (no news / tv etc.)

Day 3 – Close of retreat ceremony

Ceremony day for close of retreat.

Please use any of the ceremonies created for the My Way Zen Sangha, White Rose Gaia or Planetary Healers Yorkshire.

² Recipe courtesy of Wildfit – <https://getwildfit.com/>

³ There are many films that can be helpful during a retreat. Suggestions are – Our Planet and any other nature film with David Attenborough; Sci-fi films such as Star Wars; golden classics such as Casablanca or any of the Humphrey Bogart films; The Matrix; or Midsummer Night's dream or any of the Shakespearean plays.