

## 8 Amazing *Build-Your-Own Retreat Ideas* That Won't Blow the Budget

01.

### Clear the house or clear the house

If you share your home with others, especially little (or big) ones who need your attention and care, arrange for them to go to grandmas for the weekend or, if it's easier, for you to go to a resort, hotel, cabin in the woods, AirBnB, or friends house. It's important to dedicate this time to renewal and rejuvenation for you!

02.

### Set your intention

Before you begin the weekend, take a few minutes to consider what you want to get out of this, why it's important to you. You can light a candle or place a flower or inspiring image near you. Quiet yourself and inwardly create a strong and clear intention. Once you set your intention, you can recite it in your mind or write it down on a notecard and place it by the candle or image.

03.

### Create a container of stillness

Being on retreat requires spending most of the day in silence, minimizing communication with others and refraining from news and entertainment. Structure your retreat days with simplicity—let people know that you won't be available, turn all of your devices on Do Not Disturb and prepare the simplest meals you can...some in advance if you're able to.

04.

### Book a massage

Whether you're in a resort with a spa or you're retreating at home, a restorative massage helps to regulate sleep, hydrate skin, relieve tension headaches and restore energy. Find a massage therapist who will come to you!

05.

### Choose your practices

As we process emotions and feelings, it's essential that we move that energy through our body. Choose from yoga, dance, pilates, barre, pick a movement class on your favorite wellness app and do it from the comfort of your room/home. GET OUTSIDE. A walk in nature is will help you stay grounded and connected.

06.

### Take a bath

Unwind to the calming sounds of rushing waterfalls, birds or harps. Don't forget the epsom salt and a few drops of essential oil for a restorative soak.

07.

### Enjoy guided meditations

Listening to and following along with guided meditations can be tremendously helpful, particularly when you are doing a retreat at home without the support of others around you.

08.

### Create a peaceful ambience

From the sweet aroma of lavender to the stimulating fragrance of eucalyptus, diffuse high quality essential oils to ignite your senses and support your nervous system. It also helps to smudge your space before and after your retreat. Play soothing melodies in the background.



Danielle  
LAPORTE'S

THE DESIRE MAP  
LICENSED  
FACILITATOR