

Day Retreat Preparation

Things to consider bringing

- your most fave cozy, comfortable clothes (the yurt is heated in winter but remember it is basically a tent, so use layers of clothing you can adjust to the temp)
- slippers or thick socks for indoors (the yurt floor can feel cool in all seasons)
- weather-appropriate clothing, footwear & hat for time spent outdoors
- blanket (and maybe a mat & pillow if you might nap)
- food: prepare lunch in advance so you can enjoy with minimal fuss or effort; don't forget treats ☺
- drink: water, juice, hot water for tea/coffee, etc.
- whatever dishes/cutlery/etc you need to eat & drink
- journal and writing instrument
- supplies for anything you are considering doing, like sketching, music, reading, etc.
- and don't forget reading glasses if you need 'em (just saying!)

What will be provided/prepared for you

- in winter, and cool days, the yurt will be heated
- the outhouse will be cleaned and ready for use
- "Karma Chair" floor seat (adjustable back incline, memory foam seat cushion) for each person
- detailed colour trail map of the property
- leaflet with descriptions of the 7 woodland areas
- drinking water

What can be provided for you

(on request, no extra cost)

- a variety of yoga props: blocks, bolsters, sandbags
- meditation cushion or bench
- "thermarest" style soft mat
- hot water, tea or coffee can be brought out anytime

Getting Here

See over for map. The yurt is located about 200m from the parking area at the house, along a wide and level path through the forest. A cart (or sled in winter) is available if you need it to move your things.

Tips to get the most from your experience

Set an intention for the day. It might be something specific you wish to work on, or perhaps a more general notion you wish to hold with you. Or maybe it's as simple as just being present. A good starting point is to explore *why* you have arranged a day retreat and consider what nourishment your soul may find most beneficial.

Try to off-load responsibilities of the day or look after them in advance so you don't have to be concerned about them. The less the rational mind has to do, the more easily your intuitive mind can find expression.

Script your morning so that you can arrive here more or less when you would like to, not stressed or in a rush. When you turn in off the Sideroad, drive s-l-o-w-l-y and mindfully down the laneway to mark a transition from "out there" to "in here".

Avoid scripting your day retreat. Perhaps have notions of what you might do but see them as options and try to let as much of it as possible evolve organically. Do what you are *moved* to do, which may not be what you *planned* to do.

Know that there may be an adjustment period after you have settled in when you feel not quite sure what to do, or how to be. Your soul may still be catching up to your body's new location or adjusting to its new environs. Be patient and simply enjoy the moment until they get in synch.

Give serious thought to what relationship you wish to have with your phone during your day retreat. Strongly consider leaving it in the car. Your host can provide his number for anyone who might need to contact you in an urgent situation. If your phone will be with you, think about keeping it on airplane mode except when absolutely necessary. Phones are a primo distractor from presence; they can deviously lure you into believing you *need* to use them for something or other.

