

# DIY Retreat Guide

Themes, activities, and resources to  
create your own retreats.



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# About this Retreat Guide



This retreat guide is designed to be a resource for all wForum members when thinking about having a group retreat, guest facilitators, or when you want activities to do with fellow group members that are experiential for added play, connection, and growth.

This is an evolving guide, which means new themes, activities, and guest facilitators will be added over time.

The contents of this guide are ideas and options for you to consider when planning a retreat, and there is nothing mandatory about using them.

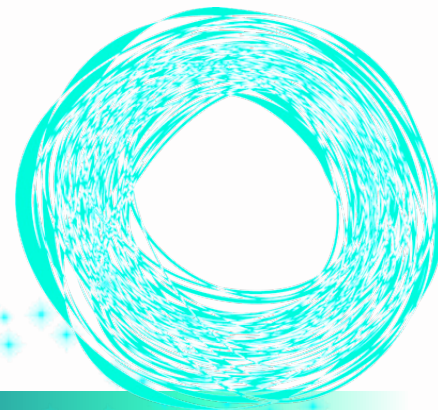
There is a lot in here! Take your time going through it, and have fun creating your own special retreat.

## **Note:**

When doing your own retreat, be sure to have a different person facilitate each activity for variation and to give everyone an opportunity to lead.



# How to Use this Retreat Guide



## THEMES

Themes offer a menu of specific activities that serve to deepen the experience of the theme. Explore amongst the 11 themes to see if there is one or two that spark your group's interest.

Then take a look at all the activities within the themes and throughout the retreat guide, and select those that make the perfect ingredients to create your own special retreat.

And, of course, you can always come up with your own theme and use any of the activities in this retreat guide to enhance and deepen your retreat experience.

## RESOURCES

Resources start on **p. 97**, and include wForum speaker bios and their program offerings so you can choose from within the wForum community for a guest retreat facilitator for all or a portion of your group retreat.

***Women Empowering Women***

## ACTIVITIES

Explore all the activities and choose those that you think will be the perfect ingredients to make your retreat special for everyone. Many of the activities can be adapted to be online; however, most activities are ideally done in person.

**Activities are divided into categories:**

### **Just for Fun**

Quick games can be done anytime throughout a retreat, and are a great way to energize the group or simply to add silliness and fun.

### **Let There be Art**

Art activities with purpose.

### **The Art of Letter Writing**

Write to your fear, for forgiveness, love, and insight.

### **Rituals**

Ideas for morning and bedtime rituals, cleansing ceremony, creating an altar, grounding, and closing the retreat.

### **Themes and Activities**

A menu of themes and specific activities related to those themes.

### **Movement**

Partner yoga, earthing, mindfulness walking, dancing, forest bathing, and more.

### **DIY Goodies**

Make herbal tea together or facial masks, or make your own journals and prayer flags.

### **Meditations**

Meditations for rituals and related to themes.

### **Guest-Facilitated Programs**

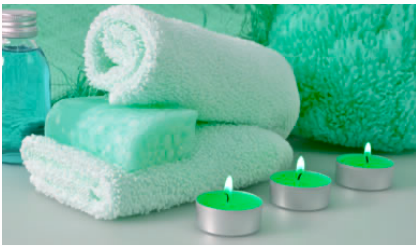
Choose from the workshops and retreats offered by fellow wForum group members. (Resources)

# THEMES



## LIFELINES 2.0

Explore lifelines again with a deeper dive into a specific time frame or theme, such as college days or the years of your greatest growth.



## DIMENSIONS OF WELLNESS

Get a glimpse into your eight dimensions of wellness. In what areas of your life are you thriving? What areas require greater focus? What does the group share in common?



## MANY MESSAGES

Explore the many messages you received throughout your life and how they shaped you then and now. Learn to distinguish between external messages and your own authentic self.



## BODY LOVE

Explore the feelings you have around your body through a variety of activities, with the intention to begin to honor your body just as it is in all the stages of your life.



## BEING SURPRISED BY BEAUTY

Expand and deepen your experience of beauty through multiple lens, including poetry, nature, mindfulness, art, and reflection.



## SPIRITUALITY

These activities prompt deep reflection and inquiry, and include discovering your true self, mapping your spiritual journey, and exploring wonder and awe.

# THEMES



## HEALING & FORGIVENESS

Engage in activities that help you practice forgiveness, reclaim parts of yourself, and the Ho'oponopono forgiveness meditation for release and healing.



## FINDING YOUR 'MUST'

These activities help you discover your purpose and calling by exploring what it is you "must" do with your one and only life.



## I SEE YOU 2.0

Map out your strengths so you can apply them in your life, and identify your deepest values for living with meaning and your purpose.



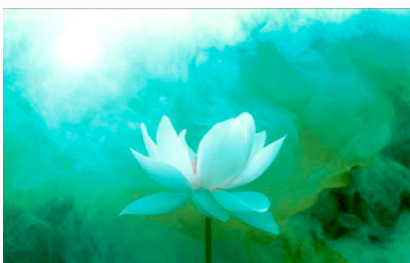
## WISDOM YEARS

Share perspectives on aging through activities that explore the lessons, skills, and gifts from your life that you can share with others, and explore how you might live as a 'juicy,' wise woman.



## RELATIONSHIPS

Explore activities around building trust in relationship, listening from the heart, and using relationship complaints as a source of learning, healing, and connection.



## GUEST-FACILITATED

Would you like part of your retreat to be facilitated by an expert in the field who also happens to be a wForum member? *It is about women supporting women.* **Starting on p. 97.**