

# VIRTUAL RETREAT



## Mid-Year







# Welcome

*"The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself." –Anna Quindlen*

I'm delighted that you're joining me for the **Mid-Year Virtual Retreat on Saturday, July 15 from 12-2 pm ET!**

I'll send your Module 1: Flow yoga and meditation video a day before our retreat to do from 10:45-11:45 am ET before we begin.

Our day includes: savoring an all-level yoga and meditation practice video, spending time in live contemplation and community, reflecting on 2023 so far, designing the rest of it, art journaling, and creating a roadmap.

**Click the link HERE** shortly before noon ET. To prepare, please:

1. **Print and familiarize** yourself this workbook.
2. **Complete** pp. 7-8 in advance.
3. **Gather your tools** and set the stage (p. 5)
4. **Pull images and words** from magazines that represent your vision for the rest of 2023.

Throughout our gathering, you'll have the chance to share and connect in the chat box.

I can't wait to celebrate this season with you!

*P.S. If you miss any of the live event, it's being recorded and I'll send a replay within 48 hours.*



agenda\*

**Module 1: Flow Video**

**noon ET Welcome**

**Module 2: Reflect**

**Module 3: Create**

**2 pm ET Closing**

*\*Subject to change.*



# What To Expect



2-HOUR RETREAT



ARTIST DATE



SELF-CARE



SPOTIFY PLAYLIST



RETREAT REPLAY



TDJ DISCOUNT CODE



LIKE-HEARTED GROUP



FESTIVE FINALE



INSPIRING WORKBOOK



1-HR GUIDED MEDITATION & YOGA





# Retreat Tips

*“Slowing down is sometimes the best way to speed up.” —  
Mike Vance*

To prepare for our retreat, these tips will help guide your experience.

**BRING A BEGINNER’S MIND.** There’s a Zen saying that “in the beginner’s mind there are many possibilities, but in the expert’s mind there are few.” I encourage you to approach this experience with a sense of playfulness, openness, and curiosity. There is no one way to do any of the practices or to participate. Make this retreat your own and I’ll be your gentle guide.

**GATHER YOUR TOOLS.** **Creature comforts:** lavender oil, tea, a scarf, rosewater spray, lip balm, flowers, candles, and/or twinkle lights. **Creativity supplies:** journal/sketchbook, writing tools, a glue stick, scissors, and a black Sharpie. *Optional:* two small bottles of acrylic paint in your favorite colors, old credit card or hotel key card “paintbrush,” stamps/stamp pads, colored pencils, washi tape, any additional favorite tools. **Ephemera:** bits of paper such images from magazines that represent what you’d like to see more of in your life, scrap paper, postcards, tissue paper. **Tech:** a computer or smartphone with internet access. **Yoga and meditation:** sticky mat and meditation cushion or chair.

**SHOW UP.** Do the one-hour yoga and meditation video before we begin, if possible. Clear your calendar to join the full experience. Remove distractions, close browsers, and toggle “Do Not Disturb” on your phone to help you drop into the retreat. Join us a few minutes before 2 pm ET.

**SET THE STAGE.** Wear something comfy that stretches and you feel good in. Spritz perfume or dab lavender oil. Sip green juice and/or a cuppa tea. Moisturize. Get a good night’s sleep. Eat a nourishing meal. Have your tools within reach. Light a candle to signify our start. Make your retreat set up inviting.

**CONNECT.** Share photos of your set up and throughout the retreat using #tranquilitydujour. Ask questions, share takeaways, and offer support in the chat box.

# TDJ Tenets

Tranquility du Jour is your guide to infusing tranquility and beauty into your every day. We started as a yoga studio in 1999 and have grown into a like-hearted global community on a path to live and spread tranquility. Below are the five principles of living the Tranquility du Jour lifestyle.

1.

**COMPASSION:** We seek to alleviate the suffering of all beings through our daily choices. Sustainability is a priority and we actively reduce our impact on the planet. We treat others as we want to be treated and know that compassion starts from within. We stand for social justice and meaningful change.

2.

**CREATIVITY:** We connect with our artistic side and let it shine through our everyday actions. We see most activities as a way to express our creativity and refill our creative well regularly through reading, taking classes, and playing. How we show up is our art and each day is a fresh canvas.

3.

**STYLE:** We know that how we present ourselves affects how we feel and tells a story. We choose a signature style that is individual and reflects who we are. Our personal and professional spaces are designed to nourish our spirits. We are moved by the arts, flowers, and simple pleasures.

4.

**MINDFULNESS:** We bring awareness to our thoughts, feelings, and physical sensations throughout the day and prioritize practices such as yoga and meditation. When we notice ourselves ruminating about a past situation or fretting about a future one, we gently guide ourselves back to the present moment.

5.

**WELLNESS:** We choose self-care through gratitude, reflection, whole foods, fulfilling work, and exercise. Our support system is held with healthy boundaries and clear communication. As lifelong learners, we seek self-awareness and set SMART goals to help achieve our dreams.





# Summer Intention Setting

*What is my intention for this retreat?*

*How do I want to show up?*

*How can I best prepare myself to be fully present?*

*What most needs attention right now?*

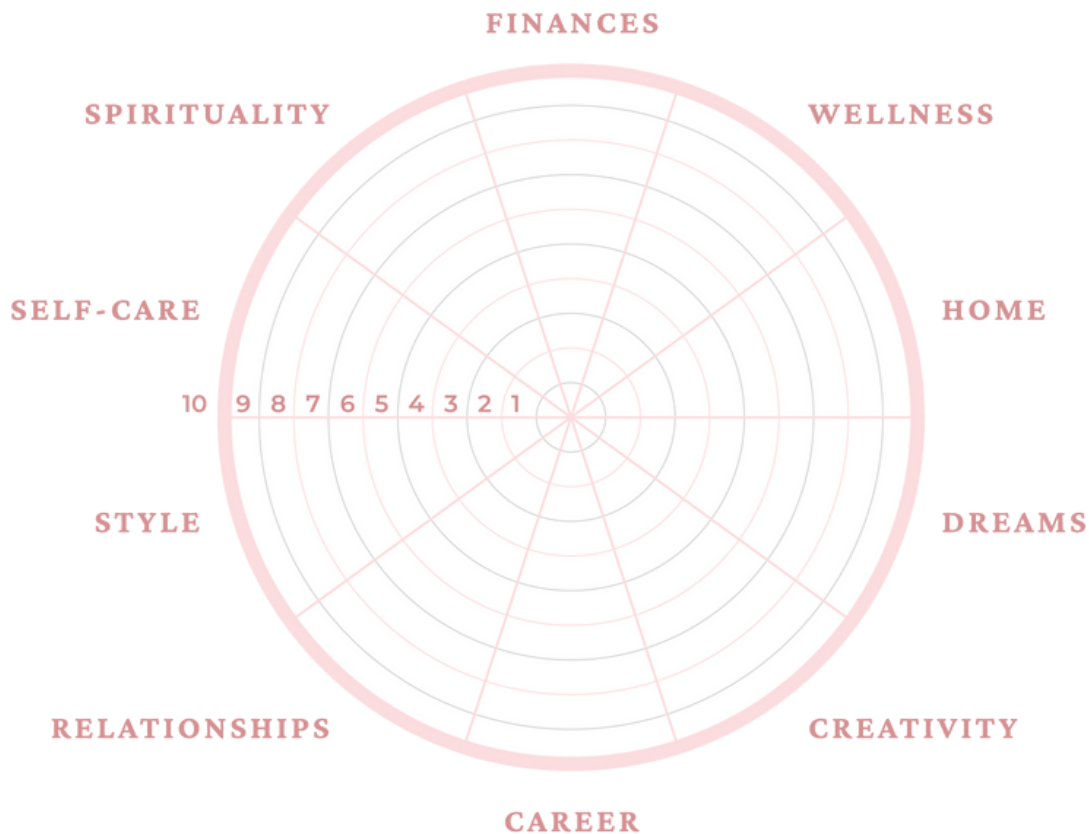
*How do I want to feel by the end of this season?*



# Summer Life Review

*Seasonally reflect on areas of your life.*

*Rate each one with your level of satisfaction 10 = bliss, 5 = so-so, 0 = boo.*



SMART (Specific, Measurable, Achievable, Relevant, Timebound) action steps to increase areas that are lower than I'd like:

- 1.
- 2.
- 3.
- 4.
- 5.

## Seasonal Tranquility Tools

- |   |                                     |  |                                       |
|---|-------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Seasonal Life Review | <input type="checkbox"/> Deep Clean | <input type="checkbox"/> Practice Essentialism | <input type="checkbox"/> Bed Day      |
| <input type="checkbox"/> Try Something New    | <input type="checkbox"/> Rearrange  | <input type="checkbox"/> Tend Your Garden      | <input type="checkbox"/> Get Cultured |





# The Summer Day

by Mary Oliver

Who made the world?  
Who made the swan, and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean—  
the one who has flung herself out of the grass,  
the one who is eating sugar out of my hand,  
who is moving her jaws back and forth instead of up and down—  
who is gazing around with her enormous and complicated eyes.  
Now she lifts her pale forearms and thoroughly washes her face.  
Now she snaps her wings open, and floats away.  
I don't know exactly what a prayer is.  
I do know how to pay attention, how to fall down  
into the grass, how to kneel down in the grass,  
how to be idle and blessed, how to stroll through the fields,  
which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
with your one wild and precious life?



# Reflection

1.

2.

3.

4.



# Summer Wish List

1. Picnic in the park
2. Plan a hike and meditate outdoors
3. Dine al fresco
4. Watch fireflies
5. Sit around a campfire
6. Take a dip in cool water
7. Lie in the grass
8. Repot an overgrown plant
9. Visit an animal sanctuary
10. Don a sun hat
11. Stargaze
12. Go berry picking
13. Visit a winery and sip into the afternoon
14. Attend an outdoor concert
15. Savor the sunshine on your skin (hello, vitamin D)
16. Play tourist in your town
17. Go camping
18. Walk barefoot in the sand
19. Go on an evening walk and notice the moon
20. Line dry your clothes
21. Watch a movie outdoors
22. Plan a road trip
23. Ride a bike
24. Visit a botanical garden
25. Create a capsule wardrobe
26. Look for adult summer camp options
27. Grow fresh mint for your tea
28. Stroll along a boardwalk
29. Practice yoga outside
30. Host an outdoor cocktail party
31. Take a digital detox for a day or even a weekend
32. Sign up for a new class—dance, art, yoga, writing, language

## My Ideas



# 2023 Experiences & Wishes

January

February

March

April

May

June

July

August

September

October

November

December



# Lists

Stop

Start

Continue





# Dream & Review

One year from today I want to . . .

In the past year I have . . .



# Wellness In Action

Physical

Environmental

Nutritional

Emotional

Medical

Occupational

Spiritual

Financial

Social

Behavioral



# Closing

1.

2.

3.

4.



# Love Note

*"And now we welcome the new year. Full of things that have never been." –Rainer Maria Rilke*

Thank you for joining me today! I hope this experience allowed you to reset, rejuvenate, and consciously create this brand new season.

Remember, this journey toward a more tranquil lifestyle is a daily practice. A process for finding more ease and beauty. One baby step at a time.

As you transition back into your life post-retreat, go gently and stay connected to this experience. Make a nutritious meal. Dive deeper into the reflection questions. Read poetry. Spend more time in creativity. Go for a long stroll. Stay connected to what matters most.

Let's stay in touch via weekly **Love Notes**, as well as the Tranquility du Jour **podcast**.

May your days be filled with intentional choices, self-compassion, and connection to what matters most. You're beautiful! x



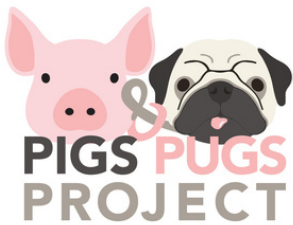
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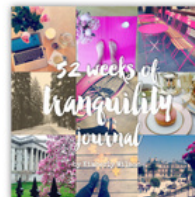
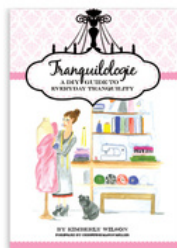
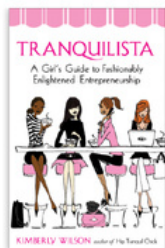
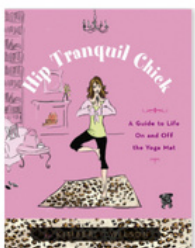
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**FOR THE  
PLANET**  
MEMBER



*A portion of all Tranquility du Jour proceeds benefits  
Pigs & Pugs Project, 1% for the Planet, and Borneo Orangutan Survival,  
so thank you for making a difference.*







# Everyday Retreat

*“The world needs people who retreat from the world in order to see it more clearly.”  
—Patrick Shen*

1. **SLOW:** Let your return be gradual. Create space for yourself to ease back into routine. Maintain the slower pace of the retreat. Remember to breathe and observe what is happening within you.
2. **NOOK:** Create a space to hold memories of what fed you on this retreat—a quote, a page from your art journal, a savvy source. Have your art supplies, meditation cushion, journal, and yoga mat in this nook so that you can create and practice during those sweet moments in between.
3. **HOLD:** Keep the retreat experience close to your heart. Honor taking the time for yourself and how you showed up. Stay connected to the senses: the movement in yoga, the sitting and walking in meditation, the reflection in journaling, the play in art journaling, the taste in mindful eating.
4. **SPACE:** Carve out a sense of spaciousness in your schedule. Avoid overbooking and work with your energy flow. Mid-day naps or walks around a city block can have a profound effect on the mind, body, and spirit.
5. **EXPLORE:** Consider how you feel different from your time on retreat. What do you understand better about yourself? What were your takeaways and how are they expanding now?





# Everyday Tranquility

*Tranquility is the quality of calm within a full and meaningful life.*

**SIP** hot water with lemon.

Spend a few minutes in **MEDITATION**.

**MOVE YOUR BODY** through yoga, walks, dance, and more.

Enjoy a **GREEN SMOOTHIE** or juice plus plant-based whole foods.

Write in a **JOURNAL** to clarify your thoughts.

**REVIEW YOUR DAYBOOK** and note the week's intention and MITs plus month's and year's dreams.

Savor a pot of **GREEN TEA** and nibble a square of **DARK CHOCOLATE**.

Create a **CAPSULE WARDROBE** and layer in clothing that feels luxurious on your skin.

**SPRITZ PERFUME** and diffuse lavender.

Read books and **LISTEN TO MUSIC** and podcasts that inspire.

**PRACTICE GRATITUDE**.

**MAKE SOMEONE'S DAY** with a simple "I appreciate you" text or smile.

**TRACK** your energy, time, and money habits.

**DECLUTTER** your mind, home, and digital environments.

**BATCH TASKS** by categories and hats you wear.

**ESTABLISH ROUTINES** and healthy habits.

**MAKE A DIFFERENCE** as a volunteer, donor, and awareness-raiser.

Practice mindful **SELF-COMPASSION** and treat yourself as you would a dear friend.

Surround yourself with **BEAUTIFUL THINGS** such as flowers, art, plants, and twinkle lights.

Be a **LIFELONG LEARNER** and study what makes your heart sing.

**FOREST BATHE** and soak up the natural world.

Be a **FLÂNEUR (A PASSIONATE WANDERER)** to clear your mind and get those steps.

When triggered, take **10 DEEP BREATHS**.

Make **SLEEP** a priority.

**PRACTICE STOP**: Stop, Take a breath, Observe what's happening, Proceed with awareness.

After a long day, put your **LEGS UP THE WALL** and exhale.

When in doubt, **TAKE A NAP**.



# 30 Days of Tranquility

*Try this 30-day challenge to infuse your month with simple pleasures.*

1

SIT STILL FOR  
FIVE MINUTES

2

DO SIX SUN  
SALUTATIONS

3

WRITE A  
LOVE LETTER

4

APOLOGIZE

5

TELL THE TRUTH

6

CONSUME A  
GREEN DRINK

7

GO MEAT-FREE

8

WALK FOR  
20 MINUTES

9

DO LEGS  
UP THE WALL

10

GIVE \$10 TO  
CHARITY

11

PEN TWO  
JOURNAL PAGES

12

REVIEW YOUR  
YEAR'S DREAMS

13

CLEAR CLUTTER

14

GO ON AN  
ARTIST DATE

15

COLLAGE TWO  
PAGES

16

TREAT YOURSELF  
TO TEA

17

READ FOR  
20 MINUTES

18

BUY YOURSELF  
FLOWERS

19

DANCE TO A  
FAVORITE TUNE

20

EXPRESS  
GRATITUDE

21

EAT ONLY  
UNPROCESSED  
FOODS

22

SOAK IN A  
BUBBLE BATH

23

MINDFULLY  
SIP A LIBATION

24

GET OUT  
IN NATURE

25

FORGO  
COMPLAINING

26

TAKE A  
DIGITAL DAY OFF

27

SNAP PHOTOS  
FROM YOUR DAY

28

MAKE A  
FAVORITE MEAL

29

HUG

30

BE FULLY  
PRESENT



## Creativity

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 #154 Guide to Creativity  
 #184 Creative Awakenings  
 #238 Abundant Wild Life  
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 #273 Making Your Creative Mark  
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 #259 Project 333  
 #289 Finding Your Ooh la la  
 #310 Style Secrets  
 #338 All About the Pretty  
 #351 At Home with Madame Chic  
 #354 The Good Karma Diet  
 #366 Polish Your Poise  
 #414 Parisian Charm School  
 #438 Simply Luxurious Life  
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 #510 Soulful Living  
 #528 Creating a Uniform

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 #335 Walk On the Healthy Side  
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 #370 Sipping Tea  
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 #398 Make Peace with Your Mind  
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 #426 Breaking Up with Busy  
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 #486 Stop Checking Your Likes  
 #506 Living Ayurveda  
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#267 Mindful Living  
 #317 Mindfulness Diaries  
 #320 Mindfulness  
 #341 Everyday Mindfulness  
 #356 Uncovering Happiness  
 #357 Mindful Eating  
 #416 All Our Waves Are Water  
 #470 Love On Every Breath  
 #473 Now is the Way  
 #545 Pause. Breathe. Choose.

## Compassion

#116 Spiritual Activism  
 #359 Artistic Activism  
 #439 Give A Sh\*t  
 #451 Racial Justice  
 #452 Reducetarian  
 #475 Zero Waste  
 #491 Being An Ally  
 #508 Sustainable Living  
 #572 Sit Down to Rise Up  
 #581 For a Good Cause

