

Creating a Mini Retreat



Finding
just what
you need
in small
moments

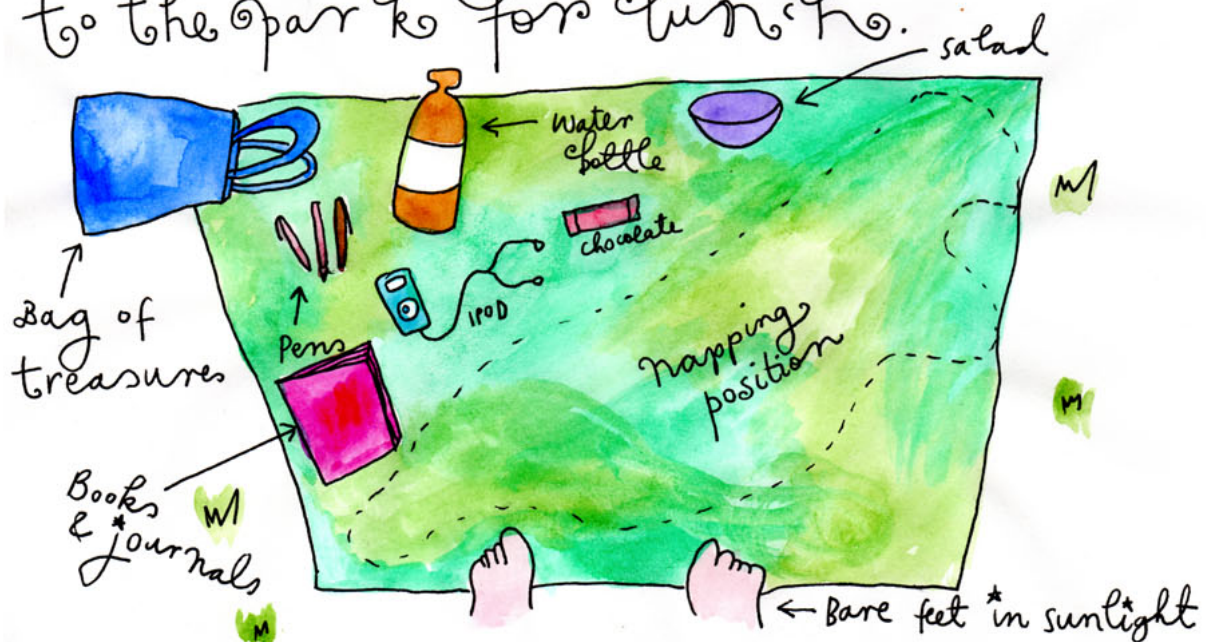
{ A mini Goddess Guidebook }
by Goddess Leonie

goddess guidebook .com

Creating a Mini Retreat

It was time for a mini-retreat. It had been so long since I filled my cup with my own space for replenishment ☕

I took my picnic blanket to the park for lunch.



Whenever I make the
space for a mini Retreat,
tiny, perfect Miracles
show up.

Today the miracle is that
someone has come to this
same park to practice
their bag pips...

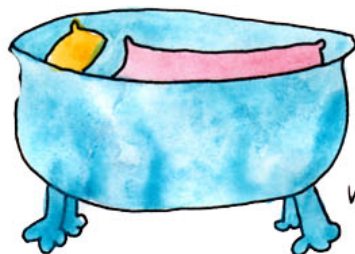


The bagpipes sound more
beautiful than they
ever have before

{ In the space of an hour, just
by giving myself what I need, my
cup feels fuller again. ☺ all
we need are mini-retreats to refuel on
comfort, grace, joy & creativity... }

Ideas for Mini Retreats

Picnics



Have a blanket bath - no water, just blankets!



assign yourself a written assignment on something you've always wanted to know about...

★ Have a self-care & massage night with dear friends...



Slumber parties in the afternoon

Field Trips
zoos beaches
PARKS Festivals
SMALL TOWNS
The Other Side of Town
Where haven't you been?
mountains

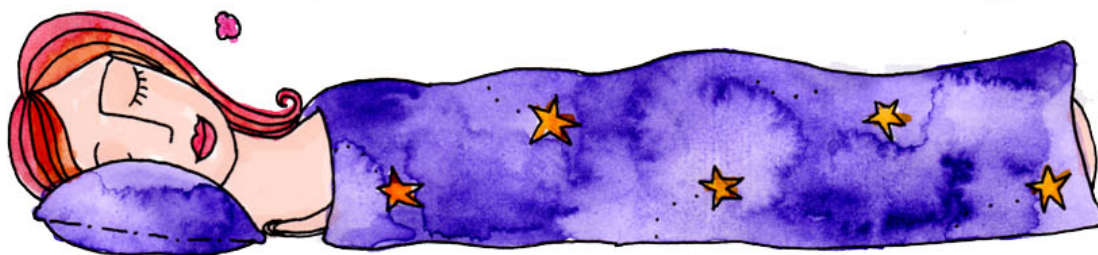


Fall in love with a MUSEUM...

Learn a healing art form

Making your bed a day's spa of rest & healing & nourishment.

Immerse yourself in a library for an hour...



Creating a mini Retreat Worksheet

Print & fill out to design your own mini-retreat...

1. What ENERGY would you like to feel from a mini-retreat? (i.e. peace, joy, fun, sustenance, tranquility)



★ 2. What would you like your mini retreat to LOOK LIKE? (i.e. place, doing what, including what)

3. When is it  possible for your mini-retreat to happen?



Your mini
retreat can
happen
at any time...

{ Keep your eyes peeled
for retreat possibilities
& the miracles
that follow... }



♥ Goddess Leone

your retreat-adoring
Goddess sister...

www.GoddessGuidebook.com