

# WHOLENESS RETREAT



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## Two Days of Yoga, Meditation, Tarot, and Wellness

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### How it works:

The Wholeness Retreat is meant to help you reflect, re-energize, and grow. This packet provides guidelines for a wellness experience you can complete from the comfort of your own home and includes an itinerary for the retreat, a YouTube playlist of yoga classes and meditations, and other resources. These are all meant to be suggestions; if you eat at a different time of the day or use a different app/service for yoga or meditation sessions, etc. you can simply use this packet as a guide. Make the retreat work for you!

### What you need:

- A laptop or cell phone with internet access
- Quiet area of your home for meditation
- Yoga Mat
- Journal
- Tarot cards
- Yoga dice (optional)

### Wellness Experiences Included in the Retreat:

Yoga – Yoga is a wonderful practice to reconnect with your mind, body, and spirit. We have created a YouTube playlist of all the suggested sessions in the retreat that you can follow along with, or you can create your own flow if you have enough experience. You can also use the Peloton App to pick specific thematic yoga classes of a certain length. Do whatever works best for you!

Meditation – Meditation is another important spiritual practice. Use the YouTube playlist included, find sessions on Peloton or YouTube, or use an app like Headspace or Calm to take you through more guided options.

Tarot/Journaling – Even if you have zero experience with tarot, you can still benefit from using the cards as a journaling tool. You can use tarot or oracle cards on any of the suggested spreads. Free tarot apps and resources for those new to card reading are provided below.





Time in Nature – Getting outside is beneficial for your mental health. Plan on spending time outdoors even if it's just walking around your neighborhood, going to your local park, or hanging out in your backyard.

Creativity Sessions/Free Time – Do whatever sparks your creativity. That could be painting, writing, playing music, or any other activity that creates joy. If you feel lacking in creativity, try creating a collage vision board of what you want your dream life to look like, or use this time to relax and reflect.

### Tips for having a great retreat:

- Customize the activities for YOU - incorporate what you like to do.
- Consider putting your phone in “Airplane Mode” or set up “Do Not Disturb” to minimize distractions, especially during activities and meditations.
- Go grocery shopping beforehand to make sure you have plenty of snacks and drinks on hand.
- Create a comfy sacred space to complete your retreat. Gather plenty of blankets, pillows, candles, incense, crystals, and anything else that helps you connect spiritually.
- Enjoy the retreat and make sure to thank yourself for taking the time to recharge.

### Retreat Resources:

[Wholeness Retreat YouTube playlist](#)

[How to read tarot cards](#)

[Yoga dice](#)

Free apps for tarot cards: Labyrinthos Tarot; Golden Thread Tarot

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#THEWHOLENESSRETREAT

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# Day One



- 6 AM: Rise with the Sun and get ready for the day
- 6:30 AM: [Gentle Morning Yoga – 15 min. – Video #1](#)
- 7 AM: [Morning Meditation – 10 min. – Video #2](#)
- 7:30 AM: Breakfast
- 8 AM: Tarot/ Journaling – Connect to Self
  - What does my heart want right now?
  - What aspects of myself are being expressed?
  - How can I fulfill my desires?
  - How do I want to be seen by others?
  - How can I show up for my community?
  - What is my highest purpose?
- 9 AM–11 AM: Time in Nature (find a hike, trail, or park to get outside)
- 12 PM: Lunch
- 1:30 PM: [Slow Flow Yoga – 30 min. – Video #3](#)
- 2 PM: [Acceptance Meditation – 10 min. – Video #4](#)
- 2:30 PM–5 PM: Creativity Session/Free Time (anything that makes you feel calm and grounded)
- 6 PM: Dinner
- 7 PM: Tarot/ Journaling
  - What am I struggling with?
  - What do I need to tap into?
  - Where am I shining?
- 7:30 PM: Focused stretch: Pick an area of the body (core, hips, glutes, back, etc.) that needs extra attention
- 8 PM: [Restorative Yoga – 20 min. – Video #5](#)
- 8:30 PM Bedtime Ritual – If you don't already have one, create a bedtime ritual; a series of soothing pre-bedtime activities that help you wind down and prepare for sleep. Examples include: setting up an oil diffuser, washing your face, breathwork, listening to calming music, reading a chapter of a book, laying out your outfit for the next day, etc.)
- 9 PM: [Sleep Meditation – 15 min. – Video #6](#)

# Day Two



- 7 AM: Wake up and get ready
- 7:30 AM: [Energizing Morning Flow – 30 min. – Video #7](#)
- 8 AM: [Energizing Meditation – 15 min. – Video #8](#)
- 8:30 AM: Breakfast
- 9 AM: Shadow Work Journaling – Sit somewhere quiet with your journal and reflect on and answer the following:
  - What triggers me, and why?
  - What is something I've been carrying with me for a while now? How has it been affecting my life?
  - What empowers me? Make a list, and write down a way you can incorporate more empowerment into your life.
- 10 AM: Tarot/Journaling – Love Spread
  - What kind of love do I need to embrace in my life?
  - What aspect of my life has felt like it needs more love?
  - How can I best love and accept myself?
- 11 AM: Creative Yoga Flow – use yoga dice or create your own from what you've learned so far – 20 min.
- 12 PM–6 PM: Free Time and Lunch (Anything that makes you feel calm and grounded – You could use this time to go on your favorite hike, take yourself to a solo movie viewing, or even schedule a massage at a local spa if you're feeling fancy.)
- 6 PM: Dinner
- 7 PM: [Reflection Meditation – 10 min. – Video #9](#)
- 7:30PM: Post-Retreat Reflection Questions
  - What are you taking away from this retreat?
  - What do you think you need more of in your everyday life?
  - What was the most helpful? (Yoga, meditation, tarot, shadow work, being in nature, etc.)
  - How can you bring what you've learned here to others?
  - What is your intention for this next week?
- 8:00 PM: [Slow Flow Yoga – 30 min. – Video #10](#)
- 8:30 PM: Bedtime ritual
- 9:00 PM: [Sleep Meditation – 15 min. – Video #11](#)