

The Retreat Reset

A Simple At-Home Experience
to Reconnect with Yourself



Hello & welcome!

If you're here, chances are you're craving a moment to slow down, take a breath, and reconnect with yourself.

While nothing replaces stepping away from daily life for several days, even a few intentional moments can help create more clarity, presence, and ease. I love the experience of being on retreat, but I know that hopping on a plane and leaving town for a week isn't always realistic. The good news? You don't have to travel far to experience the benefits of intentional rest and self-connection.

This Retreat Reset is a simple experience designed to give you a taste of the practices I share during retreats, workshops, and sound healing experiences. Think of it as a small invitation to pause, take a breath, and return to yourself. Find a quiet space, silence your notifications, and allow this time to be just for you.

I'm so glad you're here ☺

Before you begin...

Take a moment to pause and check in with yourself.

Journal Prompt:

What do I need most right now?

If I could walk away from this experience feeling one thing,
what would it be?



Intention Setting



Listen to the accompanying Intention Setting Audio [here](#)!

As you listen, choose a word, feeling, or intention to guide you through this experience.

Journal Prompt:

Today I am creating space for:

Movement

The purpose of this practice is not to perform.
It is simply an invitation to reconnect with your body.
Choose the movement practice that feels most supportive today.

Choose a movement practice from my library on YouTube [here](#)!
Or if you have your own favorite practice, now is the time to enjoy.

Move slowly.
Move intentionally.
Allow yourself to be present with whatever arises.

Sound Bath

Find a comfortable place to rest.
Gather a blanket, pillow, or anything that helps you
feel supported.
As you listen, allow yourself to receive.
There is nothing to fix.
Nothing to accomplish.
Just rest.

Access the Sound Bath Recording [Here!](#)

Integration & Closing

A retreat is not simply a place we go.
It is a practice of creating space to reconnect with ourselves.
May this experience remind you that moments of restoration are always available, even in the midst of everyday life.

Journal Prompts:
What felt most nourishing today?

What do I want to carry forward from this experience?

What is one small way I can support myself this week?

An invitation to choose one small ritual to carry forward:
~Take three conscious breaths before opening your laptop
~Spend five minutes outside each day
~Listen to calming music while resting
~Move your body for ten minutes
~Journal for five minutes

Continue the Journey:



Check out our upcoming
in-person retreats here!!



Purchase The Bliss
Bundle for more
sound baths!



You've been added
to my email list
to keep in touch!



I hope to see
you soon!

If you enjoyed this experience, I'd love to
stay connected. Thank you for being here! ☺