

# Make Each Day Precious: A Journey Within Retreat

## Theme: Setting your Intentions

**Date:** Tuesday, January 24<sup>th</sup> from 10:00 AM – 4:00

**Location:** Peggy Steffens House – 7002 N. Donatello Way

**Cost:** \$40.00

**Description:** The ancient Vedic text, the Upanishads, has a quote that states, “You are what your deep driving desire is. As is your desire so is your will. As is your will, so is your deed. As is your deed, so is your destiny.” It is important to examine your driving desires and set your intentions so that you can focus your attention on what matters most to you. As a new year begins, it a good time set your intentions for the upcoming year.

Spending the day in self-reflection using journaling and other tools, you will consciously reflect on what you want to grow stronger in your life and set your intentions. After the introductions and overview, you will enter into silence for the day, however, there will be many activities and Peggy will be talking during the day as she leads you in a guided meditation, a walking meditation, and provides prompts for journaling. Peggy will share mindful eating habits prior to eating the sack lunch that you will bring. At the end of the day you will journal about the experience of being silent and set your intentions.

### Tentative Schedule

- 10:00 Check in
- 10:15 Overview of day and house
- 10:45 Introduction to Silence and Setting Intentions
- 11:15 Break
- 11:45 Guided Meditation
- 12:00 Enter into Silence
- 12:00 Mindful “Being” Time
- 12:30 Mindful Eating Lecture
- 12:45 Lunch and Mindful “Being” Time
- 2:00 Walking Meditation
- 2:30 Mindful “Being” Time
- 3:00 Processing Experience through Journaling and Setting Intention
- 3:30 Silence Period Ends - Closure Activity
- 4:00 End of Class

Throughout the day, you will have “Being” Time to just “be” in the present moment in silence. You can spend your time “being” in whatever way soothes your soul. You can write in the journal that will be provided and spend time in reflection. You may spend your time in meditation or observing nature in the back yard (weather permitting). There will be areas set up with materials for mindfully painting, coloring, or doodling. There will be inspirational books for you to peruse. From a place of silence, you will listen to what your body, mind, and soul needs during the “Being” time and choose what will bring you joy.

If you are new to spending time in silence, do not be afraid. In the silence, you will find a place of peace and tranquility. You can turn down the dial of the noise that encompasses our daily life and begin to hear the guru within you and determine your driving desires. Dr. David Simon, cofounder of the Chopra Center for Wellbeing, states, “In our dynamic, goal-oriented world, we don’t usually spend much time or attention cultivating this quality of awareness, but it has been my experience that learning to surrender to silence nurtures all aspects of life—including our environment, our body, our relationships, our creative expression, our heart, and our soul. Come spend a day pampering your mind, body and soul and focusing on you and your deepest driving desires. Sign up at <http://www.peggysteffens.com/registration.html>