

4-DAY-PERSONAL-RETREAT FOR BURN OUT & CHRONIC FATIGUE

...LEARN HOW TO BE THERE FOR YOURSELF...

When I was at the bottom end of suffering during my burn out, a colleague send me his wishes for recovery in an email with this statement in brackets: (you need now to get a lot of structured rest)! This small advice resonated greatly with me and desperate as I was I said to myself "ok! If structured rest might do it, lets try it out! . And I created this 4 day retreat in my own house just for me, and it was not easy to go through with it but this was the beginning of the end of my burn out!

This is a sample for a retreat I have followed during my own burn out and it worked miracles.

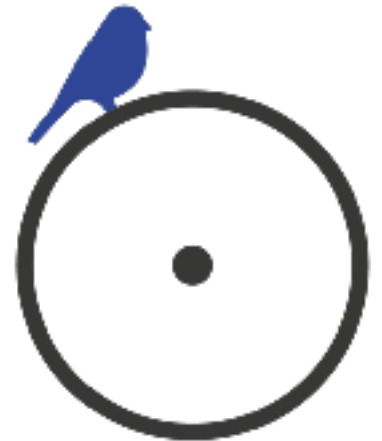
Some of my clients and friends have also used it with great success.

Please do not expect that this will be the end of your healing process for your burn out (this is not what I mean when I say that it works miracles).

Consider this the first step to your healing, a really great first step!

You can always book a coaching session if you need help understanding it and customising it to your own needs and preferences.

HealingGRASP
GROWTH ART SPIRITUALITY



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	day one	day two	day three	day four
08:30- 09:30	breakfast/ morning pages* SILENT ACTIVITY	breakfast/ morning pages* SILENT ACTIVITY	breakfast/ morning pages* SILENT ACTIVITY	breakfast/ morning pages* SILENT ACTIVITY
9:30 -10:00	chanting* (possibility to invite close friends)	chanting* (possibility to invite close friends)	chanting* (possibility to invite close friends)	chanting* (possibility to invite close friends)
10:00 -10:30	restorative yoga exercises	restorative yoga exercises	restorative yoga exercises	restorative yoga exercises
10:30 -12:30	create an opening ritual for your retreat And do some awareness work	Therapy Time (with a therapist, spiritual healer or healing growth practitioner or with a book/video on your own)	Therapy Time awareness exercises	Therapy Time (with a therapist, spiritual healer or healing growth practitioner or with a book/video on your own)
13:15 -14:30	lunch (possibility to invite close friends)*	lunch (possibility to invite close friends)*	lunch (possibility to invite close friends)*	lunch (possibility to invite close friends)*
14:30-16:00	rest and sleep SILENT ACTIVITY	rest and sleep SILENT ACTIVITY	rest and sleep SILENT ACTIVITY	rest and sleep SILENT ACTIVITY
16:00 - 16:20	meditation (one that you know)	meditation (one that you know)	meditation (one that you know)	meditation (one that you know)
16:20-17:30	body work (receive a massage if possible)	body work exercises*	free dancing/ moving with music	body work exercises*
17:30- 19:00	Free Art Time: read, write, draw, listen to music SILENT ACTIVITY	Free Art Time: read, write, draw, listen to music SILENT ACTIVITY	Free Art Time: read, write, draw, listen to music SILENT ACTIVITY	Free Art Time: read, write, draw, listen to music SILENT ACTIVITY
19:00 - 20:00	dinner (possibility to invite close friends)*	dinner (possibility to invite close friends)*	dinner (possibility to invite close friends)*	dinner (possibility to invite close friends)*
20:00 - 21:00	light walk SILENT ACTIVITY*	light walk SILENT ACTIVITY*	light walk SILENT ACTIVITY*	light walk SILENT ACTIVITY*
21:00 - 21:30	chanting* (possibility to invite close friends)	chanting* (possibility to invite close friends)	chanting* (possibility to invite close friends)	chanting* (possibility to invite close friends)
21:30-23:00	Free Art Time SILENT ACTIVITY	Free Art Time SILENT ACTIVITY	Free Art Time SILENT ACTIVITY	Closing Ritual

NOTES

breakfast/ morning pages

before or after breakfast: Write 3 pages of whatever comes to your mind without stopping (do not read them afterwards, just write)

for more info check out Julia Cameron's book: The artist's way

chanting

suggested mantras (or any other that you like or works for you, these are the ones that I use):

<https://www.youtube.com/watch?v=yEGA4EBSZAE> (daimoku from Nichiren Buddhism)

<https://www.youtube.com/watch?v=DG5lgpNnia0> (gayatri - vedic mantra)

https://www.youtube.com/watch?v=BJHnsedl_1w (christian orthodox mantra)

lunch and dinner

Preparation times are included

DO NOT cook for other people. If you invite friends or relatives to join you please tell them to bring their own food with them

body work exercises

suggested body work exercises:

<https://www.youtube.com/watch?v=g37UZyko30s&t=288s>

light walk /SILENT ACTIVITY

you can invite people but keep it strictly silent and be the one choosing the route.

Golden Rule: do not skip any activity even if you end up doing them for 2min AND be open to follow this schedule in a flexible way!

If you are doing this retreat forcing yourself to be punctual with every activity, then you are not doing it right!

Also:

eat snacks between meals whenever you are hungry

***a vegetarian or vegan diet is highly recommended during the retreat
sleep alone in bed!***

remember to notify all your contacts beforehand that you will be out of reach for four days (emails, phone calls, Facebook etc)

(a sample of information/ invitation letter to selected family and friends for some activities during the retreat! Do not invite too many people just the ones you feel really close to and very comfortable with. Avoid gossiping when friends with you during lunch and dinner)

Dearest family/ friends

I am doing a little retreat of my own at my house with the purpose of helping myself with my burn out.

I thought that it would be nice if for some of these activities I had some of my friends joining in for support and connection:-)

If you feel like joining me for those (please see schedule below) , I would definitely appreciate sharing them with you and it would feel very supportive to me :-)

IMPORTANT

-I will not be answering to phone calls, so do not try to call me (unless it is an emergency)..Just show up for the activity that you want. I have only sent this to 5 people so there is no problem even if you all show up. Please be patient and flexible as there might be slight delays in the schedule.

-Please be aware that this is not an opportunity to catch up with our news, with the exception of lunch and dinner (there we can talk softly :-)

	Friday 25th	Saturday 26th	Sunday 27th	Monday 28th
9:30 -10:00	chanting	chanting	chanting	chanting
13:30 -14:30	lunch (bring your own food with you)	lunch (bring your own food with you)	lunch (bring your own food with you)	lunch (bring your own food with you)
19:00 - 20:00	dinner (bring your own food with you)	dinner (bring your own food with you)	dinner (bring your own food with you)	dinner (bring your own food with you)
20:00 - 21:00	light walk SILENT ACTIVITY	light walk SILENT ACTIVITY	light walk SILENT ACTIVITY	light walk SILENT ACTIVITY
21:00 - 21:30	chanting	chanting	chanting	chanting