

adventureyogi



Guide to Creating a Yoga Retreat at Home





Welcome to your own home...

With everything going on in the world right now we have had to stop doing the thing that we love the most.
Running yoga retreats.

In all honesty we feel a little bit lost without them but it has made us think harder and dive deeper into a different way of teaching and practising than ever before.

Like you, our home is now also our yoga studio. Your bedroom, living room or even a corner of your kitchen has been repurposed into the space to try and find that moment of calm and peace. It can feel a little strange at first, trying to turn the place we usually cook our meals from into a personal yoga sanctuary but, with a little bit of thought and care it can be magical. You never know, it may bring a feeling of love and appreciation into your home space like never before.

So, here is our guide on
turning your home into your
own retreat space so like us,
you do not have to feel like
you are missing out on the
magic of...

that retreat feeling.



Pick Your Day

Choose a day where you know you have nothing else on.

For some us that is every day but for many, we are still working from home or home-schooling and looking after children. Choose a day in your week when you know there will be less activities, phone calls and distractions coming your way. Put it in your diary and know that you have that one day to really step away and come back to looking after yourself.

But what if I live with people and have kids?

Right now, not all of us are in a position to have total peace and quiet when we want it. In fact, the lack of escape from it all is probably your main reason for needing a retreat day! If you have a partner at home, explain to them that you are taking this time and to help facilitate it working for you. If you have older children, this is a great time to discuss the importance of self care! It may even be that you choose to let them join in with you and turn your retreat into a whole family self care day.

Choose Your Yoga Space

The first step in turning your home into your retreat haven is to choose your yoga space. It may seem obvious but start with the 'where'. You may be fortunate enough to have a home large enough to have a dedicated room as your home yoga space, or even just a quiet corner you can claim as your sanctuary. Most of us, however, will need to share our 'yoga space' as a communal room in the home. And that is fine! If that is the case, your bedroom is likely to be the perfect spot. Hopefully, it is somewhere you already feel safe and associate with relaxation. It is somewhere you can close the door and not be disturbed whether that is people or technology! Once you have chosen your spot, there is a bit of work to do...



De Clutter

So, safe to say this is not going to be your favourite part of creating your at home yoga retreat but trust us, it really does make a difference. The day before your chosen day spend a little bit of time having a general clean and a declutter. That way, when you wake up in the morning and walk around your home it feels more spacious and more of a joy to be in.

The perfect yoga space is as clear from clutter as it can possibly be. Firstly, you don't want to worry about hitting anything as you lift a foot up for your three-legged down dog! Secondly, clutter will draw your gaze and take your attention away. Put away anything from view that takes you from what you are doing in the moment.

That pile of paperwork, the laundry basket, the book you are eager to finish - all need to be put aside for a while.

Light and Sound

Close your eyes and visualise your dream yoga space. Chances are your dream space is flooded with light, or even outside in nature! Natural light and fresh air have an amazing effect on us both physically and mentally. If possible, allow your mat to face a window so you can see natural light or even better, have the window open so that you can breathe fresh air. In the warmer months, perhaps take your space outside to your garden or balcony!

If you are somewhere you can hear a lot of activity, whether that is within your own home or outside, create a playlist of your favourite yoga tunes to play softly in the background while you practise! If you don't know where to begin with music then don't worry, all of our online retreats come with their own playlist for you!

We recommend that you try to avoid turning on your tv on during the day. Keep music calming and soft in the background. Try and keep any excessive sound stimulant at bay and instead create the blissful soundscape of the perfect yoga soundtrack to guide you through your day.

We have created a the perfect yoga and full day playlists for your at home retreat! Just visit our website and join us on Spotify!

Create The Space You Want

The smell of a scented candle, the statue of Ganesha watching over from the corner and the beautiful wall hanging are all things you can re-create in your home yoga space! Now you have taken away the clutter you can choose the objects that will instead make you feel relaxed. Remember to keep it simple. As you bring something into your sanctuary space ask, does this serve the space positively? How does it make you feel? Instinctively, you will know when you are introducing something with the correct intention.

Think candles for your evening class, blankets to be cozy under, any props or pillows, a nice clean yoga mat will all add to making it feel special.

During the day of your home retreat, you could even think of your individual spaces in new ways! Your kitchen becomes your healthy cafe and your sitting room is your relaxation den. This change in mentality can really help with seeing how you utilise these spaces during your retreat day.

Nourishing the Experience

Now we know that this is a little bit trickier than normal! A trip to the shops is no longer a simple, carefree experience and one that needs a little more care and planning to keep safe and this may impact when you feel ready to do your retreat day. As you may know if you have been on our retreats before, the food we eat is as important as everything else we do and is often a real highlight to the retreat experience.

As part of our online retreats you will receive a variety of recipes for meals that we love to fuel your retreat day. However, feel free to create your own! Have a search online for healthy ideas, vegan recipes and add an element of learning a new skill into your home retreat. See if you can try a day of vegan cooking if it is not in your normal food structure. How about a day of being sugar or caffeine free? Our online packages will be packed full of tips, hacks, and techniques to bring the retreat kitchen into your home.



Nurture Your Mind

Use your retreat day to do activities that feel nurturing for your body and your mind.

This is a great time to sit with a journal or create a gratitude list. Perhaps you have wanted the time to sit and read more about yoga philosophy or learn about nutrition? Why not dedicate a part of your home retreat day to it! It may even be that you have always wanted to learn to play the guitar or crochet, it really doesn't matter what you choose to do!

This could be the start of a new skill, nurtured from the comfort of your own home.

Stuck for ideas? Our Online Retreats are packed full of activities and workshops prepared for you!



Our Home Yoga Retreat Check List

Tick , tick, tick!

Here is our checklist to help you get prepared and ready for creating your perfect at home yoga retreat.

To Do

Tick Tick!

Download your day retreat

Choose your day

Make arrangements for some quiet

Create your yoga space

Collect props and cozy things

De clutter and little clean

Have any candles or extra things you know you want ready

Make sure you have some delicious food to nourish your day

Get ready to relax!