

A large, soft pink watercolor splash is centered on the page. It has a textured, painterly appearance with various shades of pink. Scattered throughout the splash are numerous small, solid-colored dots in shades of green and black.

Calm

Retreat guidebook





Welcome!

Welcome to CALM your at-home day retreat.

Modern life has us moving at an unsustainable pace that is wearing on body and soul. The turning of the seasons can be an invitation to slow down and remember how important it is to be present to our lives.

That is why I wanted to create CALM. An invitation to carve out a sacred day to mark the transition from summer to autumn. A day of ritual to initiate the intention of infusing our days with presence and calm.

I am not offering this retreat day because I am a calm guru but because I have a predisposition to stress and anxiety and these practices are the only way I manage to regain some peace in my life.

So thank you for entrusting me to co-facilitate a whole day of nurture and peace with you. May we all be a little calmer at the end of it!

The practices outlined in this workbook are all simply invitations. Take or leave as much as works for you.

Partake in as much or as little as you would like and as would best support your intention and the group intention of calm.

And finally, I'd love you to join me in the ritual of going offline outside of the recordings so that we can truly focus on simplifying and slowing down. An opportunity to remind our bodies how to be spacious and how to enjoy the simplicity of a wilder life.

I hope you get to really enjoy this day you have gifted yourself.

Sending you loads of love,
Carly xxx





Suggested Schedule

Night before

Preparations & Dream Oracle

Morning

Intentional waking and morning ritual

Dawn circadian rhythm reset and earthing outside

Intentional meal prep and mindful eating

Video 1: Dream your day

Live group gathering 1: Opening space, meditation and circle

Afternoon

Tea ritual

Video 2: Legs up the tree

Time to just be - practising total non-doing

Early Evening

Live group gathering 2: Check in

Evening ritual

Restorative yoga

Dusk circadian rhythm reset and earthing outside



Evening Ritual

Preparations

Organisation can be a key to relaxation. What can you do this evening to support a calm morning? What would you most enjoy waking up to tomorrow?

Might you prepare some food in advance? Lay out clothes? Do some tidying or cleaning so that you wake up to a tidy, clean home? Whatever it is, take a moment to prepare your space.

Melatonin Boost

Even looking at one light once after dark impacts our capacity to reach optimum melatonin levels. Melatonin is the hormone that supports our falling asleep and the quality of sleep we get, so we really want to support its release.

For this evening could you turn off any and all screens as it begins to get dark or at least a few hours before bed. You might opt for a fire, candlelight or dim lighting. It takes a bit of organisation but can you make sure all screen jobs are done and all activities that require main lighting before dark.

Dream Oracle

Ahead of our day together tomorrow. I'd love to invite you to spend a conscious moment before you go to sleep dropping a question into your subconscious.

An opportunity to hand anything you'd like some insights on over to the wisdom of sleep.

You might like to write the question down and pop it under your pillow and then speak it to yourself just as you begin to drift.

Take a journal and pen with you to bed and leave it somewhere within reach so that as you wake you can capture any dreams before they float away.

Capture how you feel, what you see, any other people in your dream, colours, animals, symbols, anything that feels relevant and interesting.

Morning Ritual

It's said that the way we spend the first 30 minutes of the day impacts the way we feel for the rest of our day. So this is a crucial time for creating a sense of calm

Intentional Rising

Rushing out of bed can lead to rushing throughout the day. How about pausing when you wake, doing a short body scan or some gentle intuitive movement? If you practice Fertility Awareness, use the time you take your temps as an opportunity to pause and feel before getting up.

Before you even open your eyes can you remember your dreams? How do you feel? Perhaps use this as an opportunity for morning prayer or meditation or simply to state your intention and let it be that which guides your day.

Mineral Cocktail

Our water would once have been alive with minerals and would have been highly hydrating but sadly that's just not the case anymore, so it's really important that we focus on hydrating well by re-mineralising our water. One of my favourite morning rituals is to make a big batch of hot lemon with a few twists of high-quality rock or sea salt and a splash of apple cider vinegar. I drink a mug first thing before anything else and then add drops to my water the rest of the day.

Dawn Circadian Rhythm Reset

Our circadian rhythms are set by our interactions with light and dark. Just as spending evenings in natural darkness is nourishing for the boost in melatonin, spending mornings in natural light is nourishing for the boost in dopamine, serotonin and for the reset to our circadian rhythm. EVEN better if it's sunny! Get outside first thing in the morning if you can for at least 10 minutes but ideally a good 30. This is a great time for a walk or a movement practice and if you can make it a barefoot one even better. Soaking up all of the benefits of grounding at the same time.

Dream your day



Practice

An introduction to our day & a meditation. This could be a part of your morning routine or even something you do before the retreat so that you can really make the most of your time and have a clear vision of the way you'd like to spend your time.

Live Group Check In

Approx. 8:30am tbc via email in the morning.

Life with Dolores means that I can't always show up exactly on time because her needs come first. So I will confirm via email first thing in the morning once I know where we're at. Thank you for being understanding of this Feminine flow.

Meeting ID: 507 928 8085

Passcode: 20202020



Zoom link

Tea Ritual

Andrea has put together a beautiful tea ritual for those of you who chose to include the pack.

If you aren't working with the CALM tea blend then simply make yourself your favourite tea and enjoy! Try to just drink tea, maybe outside with the birds, without doing anything else. A full immersive experience.

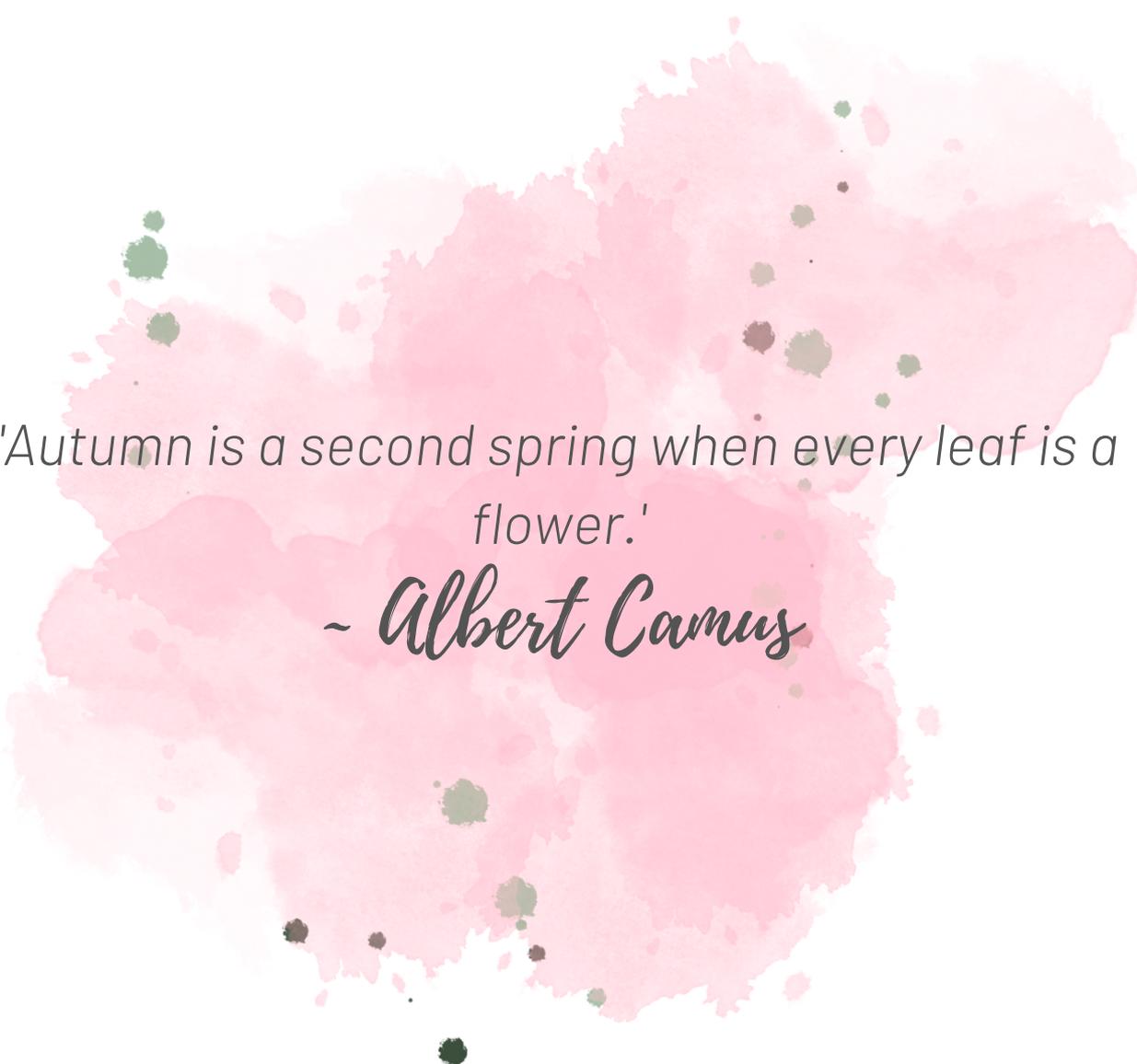


Legs Up The Tree



Practice

A short restorative practice to reset and rest at any point throughout the day. You don't have to do your practice outside or with a tree but I wanted to offer it as an alternative to the usual wall or chair.

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'Autumn is a second spring when every leaf is a
flower.'

- Albert Camus

Live Group Check In

Approx. 5:30pm tbc via email ahead of time.

Thank you for being understanding of this Feminine flow.

Meeting ID: 507 928 8085

Passcode: 20202020



Zoom link

Evening Ritual

Dusk Circadian Rhythm Reset

Just as we did first thing this morning, this practice is an invitation to head outside around sunset. An opportunity to take 5 or 10 minutes to reflect on your day, perhaps sit in quiet contemplation or meditation and watch the sunset. This practice is intended to create a pause in our day, a moment to reflect and take stock as well as to be fully present to the setting sun and the blessing of another day that has been gifted to us.

Melatonin Boost

We return back to the melatonin boost practice again this evening. How would you like to spend the hours between dark and bedtime? Could you immerse yourself in calming, soothing, joyful activity with a healthy dose of non-doing sprinkled in there too. Perhaps this is a time for journaling, meal prep by candlelight, reading, socialising, sitting by a fire, drinking a warm cocoa. Whatever it is, can you do it without screens and without main lighting?

And then goodnight!! Our time together has come to an end.

THANK YOU for spending this day together apart!! I hope you have managed to carve out a little or a lot of time to support the calming of your body and mind. Please do send me your feedback and let me know how you found today. This has been my first online day retreat and as such I'd love you to let me know how you found it, what you enjoyed, and what worked and didn't. Anything that you'd like to share to make future retreats more enjoyable and smooth running.

LOTS of love,
Carly xxx

Moon Forest Flow



Wild & Cyclical Living

Wild Woman Club illustration: [Laura Trinder](#)

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