

# Rob’s Guide to Creating a Home Retreat



Treat yourself to a weekend just for you

## Overview:

- 5 Signs you need a break
- Because you are worth it
- 7 Step Home Retreat
- Extras
- About Rob

## So you need a break...

The modern pace of life can be overwhelming at times. Wherever we turn we are bombarded by sounds. The thought of getting away from it all sounds great, but logistically or financially it just may not be practical. That is why I have put together this 7 Step Easy guide to creating a home retreat. Enjoy

## 5 Signs You Need a Break

As a hypnotherapist I deal with people suffering with stress all the time. Stress is sneaky, it can creep up on you. Here are 5 signs that you need to give yourself a home retreat,

**1: Seem to be picking up every cough and cold that does the rounds.**

**2: You seem to always be stressing about the past, rather than being present.**

**3: You Let yourself go, stop caring about appearance, cleanliness so much.**

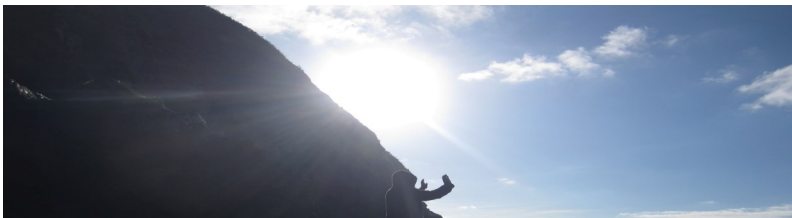
**4: Spend a lot of time feeling tired but do not sleep well.**

**5: Life seems to lack any joy, feeling sad a lot.**

Seeing a therapist can help if you recognize any of these symptoms, but taking time out for you is a great place to start.

*“Ah! There is nothing better than staying at home, for real comfort”*

*-Jane Austen*



Take Time For You



NEXT:

WHY A HOME RETREAT?

# Rob’s Guide to Creating a Home Retreat



## Why A Home Retreat?

### WHY?:

- No Travel
- Familiar
- Cheaper Alternative
- You Deserve it
- Why not

### Still not sure?

At the end of a busy week you may not feel like packing everything up to go away for a weekend, and then you have to travel back. A home retreat means you can bathe in the good vibes until Monday morning. The beauty of a home retreat is that you can have the time out and set it to your budget. You can choose the music that you like to unwind to, and if you are a little prepared it can start the moment you get in from work.

## Because you ARE worth it!

I often say to my clients that the time and money they invest in themselves is the best money they will ever spend. Think about it...

If your car packs up you will pay for it to be repaired, a service, an MOT. Yet if you pack up, you cannot even drive the car.

We are so used to putting others, even putting things before ourselves. Have to fix the tv, yet our own wellbeing seems to take the backseat.

Just imagine, for a second. Being so ill that you cannot work, cannot look out for others. Not a nice thought.

Now imagine enjoying life, enjoying work, being there for those that mean the most to you. Which do you prefer?

I imagine you chose the latter, and that is why you deserve to give yourself that home retreat, to spend some money on your wellbeing.

*“...but success also includes good health, energy and enthusiasm for life, fulfilling relationships, creative freedom, emotional and psychological stability, a sense of well-being, and peace of mind. ”*

*-Deepak Chopra*



Because you ARE worth it

NEXT:

7 Steps to your Home Retreat



## Creating a space for you

### Tidy, Prepare and Pick your Time

#### STEP 1

First decide when you are going to do this, tell everyone that needs to know they are not to disturb you. If you can arrange to finish work a few hours earlier on the Friday even better. Make it feel special.

On the week running up to your home retreat get your house ready. Tidy, de-clutter, make a space for meditation, yoga etc that you can just step into.

You will be eating healthily over the weekend, so do the shopping on the Thursday nights so as everything that you need is ready for you.

It can be a good idea to wear loose fitting clothes for your weekend so if your budget allows maybe buy yourself a new set of cosy pyjamas or jogging suit to really relax and feel good.

On the idea of your budget decide how much you want to spend upon your home retreat and then add at least £20, we always undervalue what we are worth and I promise you, you are worth more than you could ever imagine.

Plan how your weekend will run (more later on that)

So, just to double check:

Tidy/ De-clutter

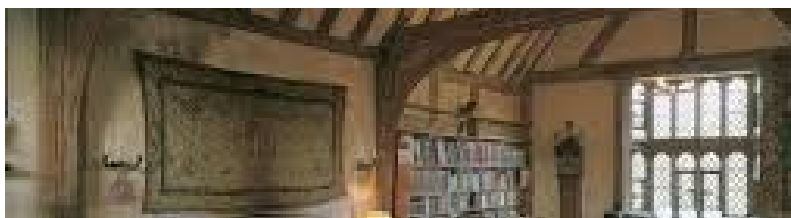
Create a space for meditation etc.

Shopping/ comfies/ candles/ incense etc.

Set everything ready

*“ Keep only those things that speak to your heart. Then take the plunge and discard all the rest. By doing this, you can reset your life and embark on a new lifestyle. ”*

*-Marie Kondo*



Tidy, Prepare Create Space



NEXT:

Step 2 - Rhythm of your day



# Rhythm of the Day

## Music, Meditation & More

### STEP 2

Now you get to create your experience.

The aim is to have everything ready so all you have to do is enjoy your retreat. Selecting music, meditations and the activities you will do and scheduling them in over your weekend allows you to relax fully into the experience, all thought and planning out of the way. There will be a suggested rhythm of the day at the end of this leaflet.

It is recommended to start your day with meditation, it can also be good to end your official day with meditation as well. The internet is full of guided meditations, YouTube, Spotify and my own site has resources to help you with this. Maybe you will choose to use the time to learn meditation, or have a theme you wish to explore.

Choose music for your weekend, music that you can relax to. For some this can be new age music, for others you may just like to relax to a bit of Iron Maiden. The point is that this is your retreat weekend, be realistic and choose the music that works for you.

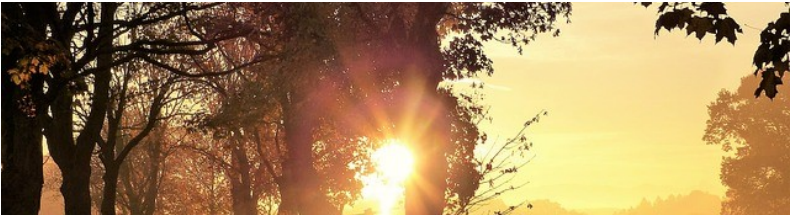
Pampering, choose ways that you will pamper yourself. Face pack, bath soaks, candles, incense etc.

It maybe you fancy trying yoga/ Tai Chi/ Ki Kung there are plenty of free resources online that you can choose and then schedule into your weekend.

Allow some time to be outside a garden, local park or countryside. Also you may wish to read or have specific readings for the weekend

*“ getting back into the rhythm of a happy, healthy life ”*

*-Lichi Lee*



RHYTHMN OF THE DAY



NEXT:

Step 3 –do not disturb



# DO NOT DISTURB

## Media Detox

### STEP 3

This one is simple:

NO news

No Social Media

No Mobile Phone/ Tablet etc

No TV

Exception: Where tech is needed to play music/ meditations or classes.

### 5 Signs you need a tech break

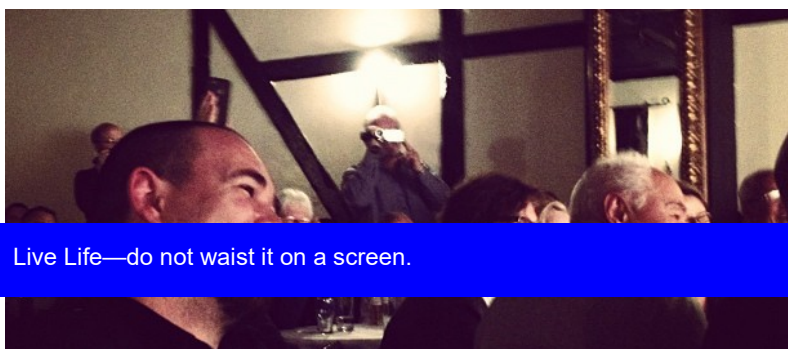
1. You find yourself spending more time than you had intended using your tech. Loosing time to technology.
2. You feel bad or guilty after you realise you lost two hours to your tech.
3. You fear that you are missing out on something if you are not on your tech.
4. You always find yourself feeling like you need to check your tech.
5. You seem to never have enough hours in the day.

Tech addiction is becoming a real problem for people, what is more we are passing onto our children. Studies now show that children are loosing simple dextrous skills they would normally develop because they are being handed mobile phones and tablets to occupy there time and give their parents an easy time.

Live your life, do not miss it for watching a screen.

*“ If you don't take care of this the most magnificent machine that you will ever be given....where are you going to live? ”*

*-Karyn Calabrese*



Live Life—do not waist it on a screen.

NEXT:

Step 4 – Treat Yourself



# Treat yourself

## Pampering, and why not?

### STEP 4

- 1. FACE PACK
- 2. BATH BOMBS
- 3. AROMATHERAPY OILS
- 4. LONG SOAK IN THE BATH
- 5. FOOT TREATMENTS
- 6. WHAT EVER MAKES YOU FEEL GOOD

### Reasons to pamper yourself...

Taking time to pamper yourself with body care not only feels good it helps reduce stress, build immunity and self esteem.

The time you take out for you will improve your sense of self worth. The reduction in stress levels that this activity brings over a period of time helps the bodies immune system, high stress levels reduce the bodies ability to fight infection.

Neglecting your own needs and forgetting to nurture yourself increases the danger of deeper levels of unhappiness, low self-esteem, and feelings of resentment. This in turn can lower your connection with others, reducing your ability to care.

Choose the ways you wish to pamper yourself over your retreat weekend.

*“ You yourself, as much as anybody in the entire universe, deserve your love and affection ”*

*-Sharon Salzberg*



Love for self reduces stress,



NEXT:

Step 5 – Time in Nature





# Getting Outdoors

Plan to spend some time outdoors

## STEP 5

When planning your weekend retreat schedule in some time spent outdoors. Regardless of the weather it is good to be outside. If it is wet out, go anyway and then allow yourself a nice hot bath or shower to warm up afterwards.

Whether it is time spent in your garden, a local park or in the countryside, having your feet touching the earth, hearing birds, seeing trees is good for you.

### Time spent in nature...

Improves your mental health and wellbeing.

Improves your attention span

Improves Sleep

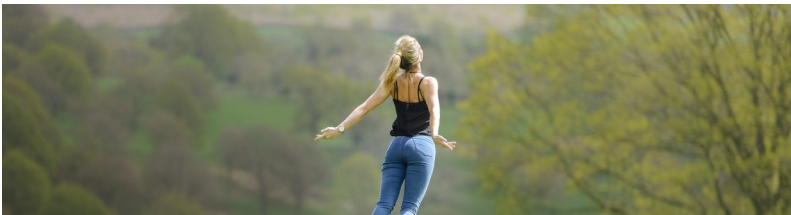
Improves Optimism

Improves Generosity and Kindness.

A client of mine in London realised that she never touched anything green, grass or trees etc. It did not take hypnosis to help improve aspects of her life, just making that effort to connect to nature.

*“ Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. ”*

*-Albert Einstein*



Connect with nature each day.



NEXT:

Step 6 – You are what you eat



# You are what you eat

Plan healthy eating, and a little treat..

## STEP 6

Allowing for any dietary requirements plan a weekend of healthy eating. Keep it simple. You do not want to spend all your time cooking.

Fruit, veg, nuts, yoghurt. Drink plenty of water and have some nice fruit juice.

Keep back a treat for each evening, something you like that you would normally not buy.

### Healthy Eating Tips...

Variety is good.

Cut back on Salt

Reduce certain fats and oils

Limit sugar intake

Limit alcohol

For the retreat weekend you should avoid alcohol, look for salads that are quick an easy to prepare. When eating take time with your food, it is not a rush. Allow yourself the space to really appreciate the flavours and be thankful for the food you eat.

*“It’s a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack. ”*

*-Germany Kent*



Gratitude for the simple things in life opens the doorway to bigger things.

NEXT:

Step 7 – Dream





## Create Your Future

Set Goals, focus on where you want to be.

### STEP 7

Use some of the time each day to explore your dreams, hopes and aspirations.

Hopefully by now you will see you are worth it.

Focusing on your direction gives life purpose. Living a life with purpose reduces anxiety and increases happiness.

### Simple Goal Setting

- ~ Determine what you want to achieve.
- ~ Break down how you will get there.
- ~ Write it down.
- ~ Make it stick.
- ~ Do one thing every day that brings you closer to your goals.

This is a simplified process, I take my clients through a lengthier session, however for your retreat it is the perfect start.

Setting goals helps us live now, focusing forward. You could spend a couple of sessions working out your dream. Remember to dream big, you can achieve those things you wish, but you have to take care of you. That is why we retreat.

*“Have goals, Chase dreams, but do not let your happiness depend on their achievement. ”*

*-Manoj Arora*



The key to getting the most from a home retreat is DO IT.



NEXT:

EXTRAS



# Extras

## Activities you may consider

THINGS TO DO

Read

Dance

Paint

Write

Sing

Play an Instrument

I want you to feel the best you that I know you are...

It is too easy in the modern world to not take time for ourselves. A home retreat is a great way to do this. Be it by yourself or whether you decide to share the time with others, in which case the activities you can do increases.

The main thing is do this...

Do not think it is a good idea and never do it. This is your life, your experience. Would you rather go through that journey feeling heavy, stressed or would you like to enjoy everyday. Love life, love yourself, because you are amazing and you are worth it.

I would love to hear from you to know what you did for your home retreat. You can message me on

transfhypnosis@gmail.com

*“Surround Yourself with People Who Believe in Your Dreams: Surround yourself with people who believe in your dreams, encourage your ideas, support your ambitions, and bring out the best in you. ”*

*-Roy T Bennet*



I hope you enjoy your retreat. Keep in touch...



NEXT:

About Me



# Rob Chapman

I believe in you, your ability to live joyfully

**5 Things About Rob**

**Runs Spiritual and personal development  
retreats, Workshop Facilitator**

**Qualified Hypnosis, Hypnotherapy, NLP,  
Meditation**

**Spiritual/ Life/ Mind Coach & Trainer**

**Author**

**Plays Guitar**

**I believe in the ability people have to  
create change in their lives and to  
achieve amazing things...**

I work with clients all over the world. Thanks to the magic of technology I can run workshops/ sessions online as well as in the real world... Who would have thought it...

I believe that given the right support, the correct tools that we can live happy and fulfilling lives. Both you and I have amazing minds with the potential to become more than we imagine.

It is through the mind that we shape our reality. Using the skills and experiences I have gained over the years I help people like you all over the world improve their lives.

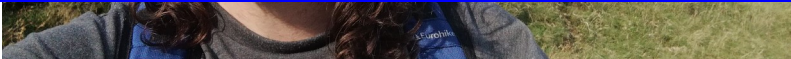
I want you to shine, if ever I can help, whether you just want to quit a habit, lose a phobia or whether you wish to develop your spiritual life and personal development. Never hesitate to get in touch.

*“I am so proud of the life  
you have lived, the  
experiences you have had,  
the wisdom you have  
gained. Now is your time to  
shine ”*

*-Rob Chapman*



You are the best, shine, be all you can be...



NEXT:

Suggested Schedule

**FRIDAY EVENING:**

Home From Work

Switch Off All disturbances/ Tech etc

Shower

Comfies

Healthy Supper

Meditation

Listen To Music/ Read

Sleep

**SATURDAY: AM**

Wake/ Bathroom/ Meditation

Breakfast

Time spent in silence

Yoga/ Tai Chi etc

Lunch

**SATURDAY PM**

Dance/ (stick some music on and just move)

Outdoors walk

Dreaming

Evening Meal

Shower

Meditation

Pamper/ music

Sleep

**SUNDAY AM**

Wake/ Bathroom/ Meditation

Breakfast

Time spent in silence

Yoga/ Tai VChi etc

Lunch

**SUNDAY PM**

Goals focusing forward

Music/ Reading

Evening Meal

Shower

Meditation

Night Time Outdoor

Treat

Sleep