



ORIRI RETREATS

VIRTUAL HOME RETREAT

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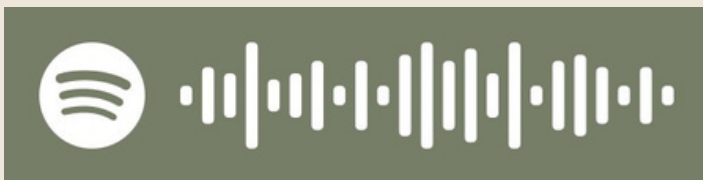
Welcome to the virtual Home Retreat with Oriri Retreats.

LIFE CAN GET BUSY AND WE OFTEN FORGET TO SLOW DOWN AND TAKE TIME FOR OURSELVES. SO FOR THE NEXT FEW MINUTES, SWITCH YOUR PHONE OFF, GET YOURSELF NICE AND COSY AND ENJOY AN EVENING WITH US, MADE JUST FOR YOU.

IN THIS LEAFLET, WE'VE PUT TOGETHER A FEW THINGS FOR YOU TO ENJOY ALONG SIDE OUR VIRTUAL HOME RETREAT VIDEO. FEEL FREE TO RESUSE AND REVISIT ANY OF THE FOLLOWING EXERCISES ANY TIME YOU NEED A BIT OF SELF-CARE.

CREATING YOUR OWN HOME RETREAT HAS NEVER BEEN SO EASY

WE'VE CURATED A GENTLE AND EASY LISTENING PLAYLIST FOR YOU TO HAVE ON IN THE BACKGROUND DURING THE HOME RETREAT. IF YOU HAVE A SPOTIFY ACCOUNT, OPEN UP THE APP, AND IN THE SEARCH BAR CLICK ON THE CAMERA ICON TO SCAN THE QR CODE BELOW.



Enjoy.
Ellen + Katherine x



MOON MILK

FIRST THINGS FIRST, LETS GET OURSELVES A NICE HOT CUP OF SOMETHING DELICIOUS. THIS IS OUR FAVOURITE GO TO. WHY NOT TRY IT FOR YOURSELF?

MAKES 1

INGREDIENTS

1 CUP WHOLE MILK OR UNSWEETENED NUT MILK (SUCH AS HEMP, ALMOND, OR CASHEW)

½ TEASPOON GROUND CINNAMON

½ TEASPOON GROUND TURMERIC

¼ TEASPOON GROUND ASHWAGANDHA (OR ANOTHER ADAPTOGEN, LIKE SHATAVARI OR ASTRALAGUS)

2 PINCHES OF GROUND CARDAMOM

PINCH OF GROUND GINGER (OPTIONAL)

PINCH OF GROUND NUTMEG

FRESHLY GROUND BLACK PEPPER

1 TEASPOON VIRGIN COCONUT OIL OR GHEE

1 TEASPOON HONEY, PREFERABLY RAW

PREPARATION

BRING MILK TO A SIMMER IN A SMALL SAUCEPAN OVER MEDIUM-LOW HEAT.

WHISK IN CINNAMON, TURMERIC, ASHWAGANDHA, CARDAMOM, GINGER, IF USING, AND NUTMEG; SEASON WITH PEPPER.

WHISK VIGOROUSLY TO INCORPORATE ANY CLUMPS.

ADD COCONUT OIL, REDUCE HEAT TO LOW, AND CONTINUE TO COOK UNTIL WARMED THROUGH, 5-10 MINUTES (THE LONGER YOU GO, THE STRONGER THE MEDICINE).

REMOVE FROM HEAT AND LET COOL SLIGHTLY.

STIR IN HONEY (YOU WANT TO AVOID COOKING HONEY OR YOU'LL DESTROY ITS HEALING GOODNESS).

POUR INTO A MUG, AND SETTLE INTO YOUR FAVOURITE SPOT ON THE SOFA READY TO ENJOY ORIRI'S VIRTUAL HOME RETREAT

SOURCE: [HTTPS://WWW.BONAPPETIT.COM/RECIPE/MOON-MILK](https://www.bonappetit.com/recipe/moon-milk)



LOVING KINDNESS MEDITATION

TO START OFF THE HOME RETREAT, SETTLE BACK AND RELAX AS KATHERINE TAKES YOU THROUGH A LOVING KINDNESS MEDITATION. YOU CAN DO THIS SITTING UP OR LYING DOWN. WE RECCOMEND CLOSING YOUR EYES TO PREVENT YOU GETTING DISTRACTED. WE'VE INCLUDED THE MEDITATION MANTRA BELOW IF YOU EVER WANT TO REFER BACK TO IT AT A LATER DATE.

MAY I BE HAPPY
MAY I BE HEALTHY
MAY I RIDE THE WAVES OF MY LIFE
MAY I LIVE IN PEACE
NO MATTER WHAT I AM GIVEN

MAY YOU BE HAPPY
MAY YOU BE HEALTHY
MAY YOU RIDE THE WAVES OF YOUR LIFE
MAY YOU LIVE IN PEACE
NO MATTER WHAT YOU ARE GIVEN

MAY WE BE HAPPY
MAY WE BE HEALTHY
MAY WE RIDE THE WAVES OF OUR LIVES
MAY WE LIVE IN PEACE

SOURCE: BRITISH MINDFULNESS INSTITUTE



GENTLE MOVEMENT

TO FOLLOW OUR MOMENTS OF MEDITATION, LETS REINTRODUCE OURSELVES BACK TO YOUR BODY WITH SOME GENTLE MOVEMENT.

WE OFTEN GO INTO AUTO PILOT WHEN NAVIGATING OUR DAY AND CAN FORGET THE CONTINUOUS HARD WORK OUR BODY DOES FOR US, DAY IN DAY OUT TO GET US FROM POINT A TO POINT B. THESE NEXT FEW EXERCISES WILL HELP DIRECT US INWARD AND HELP US BECOME MORE PRESENT WITH OURSELVES.

BODY SCAN

WORKING FROM YOUR HEAD DOWN TO YOUR TOES, MENTALLY NOTE EACH BODY PART TO NOTICE AND CHERISH. BREATHE INTO THEM, GIVE THEM A WIGGLE UNTIL YOU'VE MADE YOUR JOURNEY FROM TOP TO BOTTOM. THIS CAN BE DOWN SITTING OR LYING DOWN.

MINDFUL ARISE

WE ARE SO OFTEN IN A RUSH TO GET ANYWHERE WE FORGET TO TAKE A MOMENT AND SAVOUR THE ENJOYMENT OF OUR BODIES WORKING FOR US. IN THIS NEXT EXERCISE, MOVE FROM SITTING TO STANDING BUT AS SLOWLY AS YOU POSSIBLY CAN. EACH TIME A BODY PART MAKES CONTACT WITH THE FLOOR, OR MOVES TO SUPPORT YOU TAKE A MOMENT TO SEE HOW IT FEELS. ENJOY ALL YOUR BONES STACKING ON TOP OF EACH OTHER AS YOU ARISE TO STANDING, YOUR HEAD BEING THE LAST TO ARRIVE.

SPINAL FLOW

THE SPINE IS AN INCREDIBLE BIT OF ARCHITECTURE. EQUAL PARTS SOLID AND FLUID. ITS STRENGTH KEEPS YOU UPRIGHT AND IT'S FLEXIBILITY ALLOWS YOU TO TWIST AND FLOW INTO DIFFERENT SHAPES. WITH YOUR BREATH BEGIN TO DIP YOUR CHIN TO YOUR CHEST AND EXPLORE THE CURVITURE OF YOUR SPIN AS YOU MAKE YOUR WAY DOWN YOUR BODY TILL YOUR HANDS TOUCH THE FLOOR. SPEND A FEW MOMENTS HERE EXPLORING THE SPACE BETWEEN EACH VERTIBURE AS YOU FLOW UP AND DOWN YOUR SPIN, THE SLOWER THE BETTER.

SPINAL TWIST

MAKING YOUR WAY TO THE FLOOR, AND ONTO YOUR BACK, ALLOW THE WEIGHT OF YOUR LEG BENT OVER YOUR ABDOMON TO ENCOUAGE A GENTLE SPINAL TWIST. A MINDFUL ADDED PRESSURE FROM YOUR HAND CAN INCREASE THE TWIST. BREATHE INTO THE SPINAL ROTATION, RELEASING ANY TENSION. REPEAT ON THE OTHER SIDE.

TIPS FOR PRACTICING MOVEMENT EXERCISES:

- MOVE SLOWLY: FOCUS ON MINDFUL, SLOW MOVEMENT TO MAXIMIZE BODY AWARENESS.
- STAY PRESENT: PAY ATTENTION TO YOUR BODY'S SENSATIONS WITHOUT JUDGMENT.
- BREATHE NATURALLY: COORDINATE YOUR MOVEMENTS WITH YOUR BREATH, KEEPING IT STEADY AND RELAXED.
- STOP IF PAINFUL: BODY AWARENESS MOVEMENTS SHOULD FEEL GENTLE AND SOOTHING. AVOID PUSHING INTO DISCOMFORT.



POCKETS OF CREATIVITY

CREATING A BLACKOUT POEM IS A UNIQUE AND CREATIVE WAY TO TURN EXISTING TEXT INTO A WORK OF ART BY SELECTIVELY BLACKING OUT WORDS.

HERE'S A STEP-BY-STEP GUIDE ON HOW TO DO IT: READ THROUGH THE TEXT AND USE A PENCIL TO LIGHTLY UNDERLINE OR CIRCLE THE WORDS YOU WANT TO KEEP IN YOUR BLACKOUT POEM.

THESE WORDS WILL FORM YOUR POEM AS YOU BLACK OUT AND SCRIBBLE OVER THE REST.

AS YOU BLACK OUT THE SURROUNDING TEXT, THE REMAINING WORDS AND PHRASES WILL START TO TAKE ON A NEW MEANING. REARRANGE AND RESHAPE THEM AS NEEDED TO CREATE YOUR POEM.

FEEL FREE TO ADD PUNCTUATION OR CONNECT WORDS TO ENHANCE THE FLOW AND MEANING. THERE IS NO RIGHT OR WRONG, IT DOESN'T EVEN NEED TO MAKE SENSE- ENJOY THE PROCESS AND GET CREATIVE WITH IT!

WE HAVE INCLUDED A STORY BELOW YOU ARE WELCOME TO USE IF YOU DO NOT HAVE A BOOK TO HAND.



In a land where nature's beauty knew no bounds, there lay a meadow of unparalleled splendour. This meadow, nestled between luscious rolling hills and dense forests, was a patchwork of vibrant colours. Wild flowers of every hue imaginable swayed in the gentle breeze, creating a breath taking kaleidoscope that stretched as far as the eye could see. In the heart of this meadow stood a colossal oak tree, its gnarled branches reaching for the sky. Its massive trunk was adorned with ivy, and a swing dangled from one of its sturdy limbs, waiting for laughter to fill the air. As the sun dipped below the horizon, the meadow transformed into a magical realm. Fireflies emerged, their soft glow painting the meadow with an enchanting, twinkling light. The nightingales in the surrounding forest serenaded the meadow with their melodious songs, creating a symphony of nature. In this meadow, time seemed to stand still. It was a place where dreams took flight and worries melted away. Families gathered for picnics, children chased butterflies, and lovers shared tender moments under the starlit sky. But the meadow had a guardian – a wise old rabbit named Thistle. With fur as white as snow, Thistle had watched over the meadow for generations. His whiskers twitched with every passing breeze, and his keen eyes missed nothing. He was a symbol of the meadow's enduring beauty and tranquillity. One day, a traveller stumbled upon this meadow, weary from a long journey. She marvelled at the meadow's beauty and felt an overwhelming sense of peace wash over her. She decided to stay a while, to rest and rejuvenate her spirit.

JOURNAL PROMPTS

IT'S BEEN A LOVELY FEW MOMENTS SHARED WITH YOU. AS WE COME TO END OF THE RETREAT WE OFFER THIS SPACE FOR YOU TO TAKE A MOMENT AND REFLECT ON YOUR WEEK, SET INTENTIONS AND JOT DOWN ANYTHING YOU NEED TO GET OUT OF YOUR HEAD AND ONTO PAPER.

WHAT AM I GREATEFUL FOR IN MY LIFE RIGHT NOW?

WHAT BRINGS ME JOY AND FULFILMENT? HOW CAN I INCORPORATE MORE OF THESE ACTIVITIES AND EXPERIENCES IN MY LIFE?

ARE THERE ANY RELATIONSHIPS IN MY LIFE THAT NEED ATTENTION OR NURTURING. HOW CAN I PRIORITISE AND MAKE TIME FOR THEM?

WHAT CAN I DO THIS WEEK TO ENSURE I PRIORTISE MYSELF FIRST?

WHAT CHALLENGES WILL I BE FACING THIS WEEK, HOW CAN I OVERCOME THEM?



PEACE OUT!

WE HOPE THAT YOU'VE MANAGED TO FIND THE TIME TO ENJOY OUR VIRTUAL HOME RETREAT. IF YOU HAVE ENJOYED CREATING THESE PRECIOUS MOMENTS FOR YOURSELF WHY NOT CHECK OUT ONE OF OUR UPCOMING DAY RETREATS. A WHOLE DAY OF CREATIVE, MOVEMENT AND WELLNESS MOMENTS ENJOYED WITH THE ORIRI COMMUNITY.



*All our love,
Ellen and Katherine x*

CLICK THE LINK TO BROWSE OUR WEBSITE OR ANY OF THE ICONS BELOW TO FIND US ON SOCIAL:

WWW.ORIRIRETREATS.COM

