

AT HOME RETREAT

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3 DAY 'AT HOME' MINI RETREAT PROGRAMME



Hello beautiful soul

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I have created this mini 'at home' retreat programme together with the intention of encouraging you to create some space, for YOU. Some space for you to sit with yourself, explore some gentle yoga and self care, meditation and relaxation.



To create BALANCE



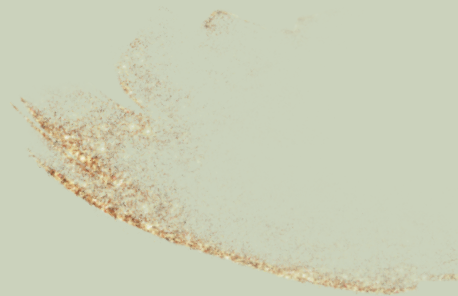
I have given guidelines to gain the most out of this experience based on my training, experience & wisdom. If you cannot dedicate 3 days to yourself at home, then simply go with the flow and use this programme as a guide until you can create more time.

I have created a recommended timing plan so you can work out how to make this happen. I have also included a couple of my favourite, easy to make recipes for you to try out (or make something nourishing for yourself).

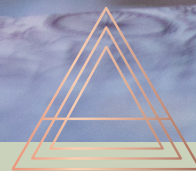
So enjoy! I'd love to hear how creating this time has impacted on your wellbeing. Feel free to email me about your experience info@evaandalma.com. Please also share photos on your socials tagging me and using #evaandalmaretreat. Let people know about how they too can sign up to this free programme!

Lots of love,
Rachael

XO



What you'll need:



A retreat space to do gentle yoga, meditation and self reflection - be creative! Use fresh flowers, candles, smells, crystals...

Ingredients from my suggested recipes, along with other nourishing foods and drinks to enjoy.

Yoga mat & props or, the following suggested home items:

Thick blankets to roll up

Soft and fluffy blankets for warmth & comfort

Sturdy pillows or sofa cushion to use as a bolster

Hardback books, sturdy Tupperware or saucepans to use as blocks

Folded flannel as an eye mask

A tie or belt as a yoga strap

A journal or notepad

An open heart



THE PLAN

Here is your recommended plan. This is a guide only as you are doing this in your own home environment. If we were on a retreat together (my last one was in the Spanish mountains - I wish we could be there now!), the timings are important. But we are at home and it's a different environment. Choose times that suit your body clock, functioning & lifestyle, but stick to the order & flow as much as you can.

DAY ONE

MORNING

Opening circle
Self love statement - write it down 3 times
Create 'sacred space'

AFTERNOON

What is yoga? Mini workshop & gentle yoga flow
Walk in nature, or bring fresh air into your home

EVENING

Restorative Asana (pose) spotlight for deep relaxation

DAY TWO

MORNING

'Wake up peacefully' - 30 minute gentle yoga flow
Self love statement: write it down 3 times
Walk in nature, or bring fresh air into your home

AFTERNOON

What is self care? Mini workshop & self reflection

EVENING

The 'Goddess' pose for deep relaxation

DAY THREE

MORNING

'Wake up peacefully' - 30 minute gentle yoga flow
Self love statement: write it down 3 times

AFTERNOON

Chakra healing meditation
Walk in nature, or bring fresh air into your home

EVENING

Savasana meditation & Closing Circle



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THE RECIPES

On retreat I usually have amazing chefs available to spoil you with nourishing and abundant food. Home retreats work a little differently but I thought I'd share some simple recipes with you to enjoy making during your retreat experience.

THE MORNING JUICE BOOST

This is my favourite juice which wakes me up in the morning post yoga. Have a play and make this to your taste. If you do not have a juicer available, chop up some cucumber, mint & lemon and add it to fresh water instead.

INGREDIENTS

- 1/2 large cucumber
- 1 apple
- 1 large juicing orange or 2 small oranges
- Fresh ginger (to your taste)
- 1/2 lemon
- 1/2 stick celery

Pop into a juicer and enjoy!

Tip: Abundant, nourishing food is important on my retreats. Why not add in a post yoga delicious brunch experience one of the days too.



CARROT & CORIANDER SOUP

I am the Soup Queen in my home and love making homemade soups. This is nice with homemade bread.

INSTRUCTIONS

1. Melt the butter in a large, lidded saucepan on a low heat.
2. Chop the onions and garlic and add to the melted butter.
3. Add a sprinkle of Himalayan salt, keep on a low heat and add the lid.
4. Allow the onions and garlic to soften for 15 mins.
5. Meanwhile, boil a kettle and peel and chop the carrots.
6. Once the kettle is boiled, add your vegetable stock cube to 700ml of boiling water.
7. Once the onions are soft, add the carrots and pour in the stock.
8. Bring to the boil then simmer on a medium heat for 20 mins.
9. Once the carrots are soft, remove from the heat.
10. Add your coriander - either fresh or frozen.
11. Blend (I have a handy electric blender).
12. Serve and enjoy!



THE NIGHTTIME LUXURY ROSE HOT CHOCOLATE

Post Restorative Yoga, as you slip into bed, this luxury hot chocolate will smooth you on the inside ready for a nice sleep. This recipe is purposely super easy and little effort to keep you in that blissful, relaxing state post yoga.

INSTRUCTIONS

Heat a cup of chocolate almond milk (or any chocolate milk) until you start to see steam (do not bring to the boil).
Add ½ teaspoon of edible Rose Water

Stir & enjoy!



DAY ONE

HELLO AND WELCOME TO DAY 1 OF
YOUR 'AT HOME' RETREAT EXPERIENCE

MORNING

Watch the opening circle video [CLICK HERE](#)

ACTIONS

1. Write down one thing you LOVE about yourself 3 times in a journal or notepad.
2. Take some time to create your retreat space - be as creative as you like.

*Feel free to tag me in photos on social media
I'd love to see your space.*



@eva_and_alma



@evaandalma



AFTERNOON

Watch the What is yoga video

[CLICK HERE](#)

Go get some props, set your space for a relaxing session of Restorative yoga!

[CLICK HERE TO WATCH](#)

ACTION

Write down 1 thing you are grateful for today.

EVENING





DAY TWO

MORNING

Watch the Wake up peacefully video [CLICK HERE](#)

ACTION:

Write down one thing you LOVE about yourself 3 times in a journal or notepad.



AFTERNOON

I have created this short video sharing briefly with you why self care is my super power and a vital tool on the path to inner peace. Our journeys will look & feel very different to each other, so after you've watched the video, take time with your journal to reflect on your own journey and wellbeing needs.

Watch the What is Self Care? video

[CLICK HERE](#)

ACTION:

Self reflection exercise. What does 'self care' mean to you? What does 'balance' mean to you? Are you in balance? Where can you use self care tools to create more balance and improve your wellbeing even further?



EVENING

Welcome to the power of the Goddess! Set your cozy, relaxing space, grab your props and let's go.

Watch the Goddess Pose Video

[CLICK HERE](#)



DAY THREE

MORNING

Watch the Wake up peacefully video [CLICK HERE](#)

ACTION:

Write down one thing you LOVE about yourself 3 times in a journal or notepad.



AFTERNOON



Find a comfy seat (or place to lie as long as you don't fall asleep). I recommend headphones to listen to this meditation.

LISTEN TO THE MEDITATION [HERE](#)

On the next page, you'll find a list of colours aligned to each chakra. I have provided a simple chakra explanation with a mantra to connect to depending on which colour you connected with in the meditation.

EVENING



Find a comfortable seated position, bring your journal close by and prepare for our final meditation together and closing circle of the retreat.

WATCH THE CLOSING CIRCLE AND MEDITATION
[CLICK HERE](#)

THE CHAKRAS



Want to find out the meaning behind the colour of the stone you picked for your meditation? Here is a brief outline of which chakra your inner wisdom has shown you about where you might need to focus your intention and what to do.



Chakra means 'wheel', and the chakras are areas of intense energy within the body. No chakra is more or less important than the other, and all chakras must be balanced and aligned for balanced wellbeing and enlightenment.

The colour you chose in the meditation will indicate which chakra to connect with. You chose the chakra as it needs some attention, or you are in harmony and your inner knowing wants you to connect with the energy.

If you are familiar with the chakras, then you can follow your intuition to work with them in whatever way you usually do.

If not, there is a list of relevant crystals you could meditate with, essential oils you could diffuse or smell, or chant the mantra 3 times each day until you feel the pull to stop.

THE STONES

WHITE STONE

Chakra: Crown
Location: Top and centre of the head
Gemstone to connect with: Amethyst, Clear Quartz
Essential oils: Frankincense
Mantra: OM (Silent)
Signs of energy blockage: Anxiety & fear. Depressed & unsatisfied. Unable to connect with unity.

BLUE STONE

Chakra: Throat
Location: Between inner collarbone
Gemstone to connect with: Aquamarine, Chalcedony, Turquoise.
Essential oils: Lavender, Sandalwood, Neroli, Sage.
Mantra: HAM
Signs of energy blockage: Cannot find expression. Fearful of being judged and rejected. Afraid of silence.

YELLOW STONE

Chakra: Solar Plexus
Location: One hand width above navel
Gemstone to connect with: Tiger's eye, Amber, Yellow Topaz, Agate
Essential oils: Lemon, Thyme, Chamomile, Ylang Ylang.
Mantra: RAM
Signs of energy blockage: No trust in natural flow. Need to dominate. Emphasis on the material world.

RED STONE

Chakra: Root
Location: Between genitals and anus
Gemstone to connect with: Agate, Garnet, Smoky Quartz, Ruby, Bloodstone
Essential oils: Cedar, Clove, Cypress, Myrrh, Markoram
Mantra: LAM
Signs of energy blockage: Inability to trust nature. Focus on material possessions. Need to satisfy own desires and wishes.

PURPLE STONE

Chakra: Third Eye
Location: Between the brow
Gemstone to connect with: Lapis Lazuli, Sodalite, Indigo Sapphire
Essential oils: Jasmine, Basil, Rosemary, Patchouli
Mantra: OM
Signs of energy blockage: Rejects spiritual aspects of life. Focuses on intellect and science only. Only sees the obvious, surface meaning. Afraid of intuition.

PINK OR GREEN STONE

Chakra: Heart
Location: Centre of the chest
Gemstone to connect with: Rose Quartz, Emerald, Green Jade
Essential oils: Geranium, Bergamot, Rose, Clary Sage
Mantra: YAM
Signs of energy blockage: The love you give is not sincere. You look for rewards only. Cannot accept love given by others.

ORANGE STONE

Chakra: Sacral
Location: One hands width below navel
Gemstone to connect with: Moonstone, Carnelian, Tourmaline.
Essential oils: Sandalwood, Ylang Ylang, Petitgrain
Mantra: VAM
Signs of energy blockage: Unsure & unstable in sexual and emotional matters. Cannot express feelings. Suppresses natural needs.



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A BIG THANK YOU FROM ME



I'd love you to share your retreat experience with me on social media. Whether that's a post, a story, a facebook review or anything else, please remember to tag me so I can see them and use #evaandalmaretreat. It will bring me so much joy to see you enjoying your mini retreat experience.

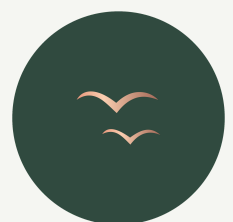
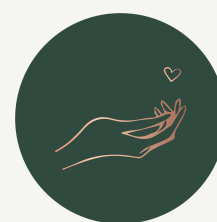
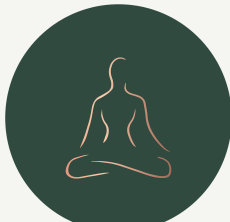
You are an amazing soul. The fact that you've even stepped forward to work on yourself means a lot. You might not quite realise that yet. Or you already know how powerful this journey is. Not only for you, but for those around you. The more people work towards finding inner peace, the more balanced and joyful the world becomes.

I thank you for being part
of my eSoul family.

Much love
Rachael
xo



For further information about my offerings, you can visit www.evaandalma.com or, simply click on the links below for specific services.



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