



Retreats and Rest by Caroline

'I know I would be a very different person had I not discovered the value of spending time each year on retreat. For me retreat means nature, yoga, silence, support, meditation, deep rest, that if there is a schedule it is spacious enough for me to find my own rhythm.'

It may only be in pausing that we realise the ways in which we have contracted into our lives, all that we may be sacrificing when our habit energy drives us to just keep on going.

When we settle and rest we can start to expand again, to make room for ourselves and others. In patience and slowing down there is potential and possibilities, insights naturally arise and we may experience a fresh response to some of life's questions.

On retreat we can put aside the tasks and intentions of everyday living, creating space for a new kind of aliveness to flow through. Freed from expectations, our own and of others, our nervous system can come to rest. Retreats allow us to renew our sensitivity to both inner and outer life, to open up our horizons, to let nature enter into our imagination, to feel our place in the wider scheme of things.

We already know how to over-stimulate body and mind and then shut off completely to try to get some rest. What we may need to ongoingly learn is how to truly and deeply refresh our energy.'