

8 Ways to create a retreat

in the midst of lockdown or chaos!

1. **Space:** Find a space or corner that you could transform into a little retreat. Try to find a space near natural light (it may or may not have furniture already).
2. **Colours:** Identify 2-3 colours and tones that bring you joy (you could find inspiration on Pinterest).
3. **Chair:** If the space is yet to be furnished, go through your home to source some a chair that you could easily relax in
4. **Side table:** Add a side table to store your drink/book/candle.
5. **Foot stool:** Add a foot stool or ottoman. We are more inclined to relax when we elevate our legs.



6. **Touches:** Bring calm and cosy to your space by adding homely touches (pillow, plant, candle). Stay consistent with your preferred colours so the space oozes order, consistency and simplicity.
7. **Activities:** Consider some activities you find relaxing and store them in a little basket or on the side table nearby (ie. Book, journal, colouring.)
8. **Enjoy** the space! Train your mind to use & enjoy this space as a retreat and it will become just that.

Tips:

- Not sure how to style your retreat? Natural, neutral tones will always evoke calm (featured above)
- As you go through your home, look at what you already have and relocate some items for your space
- Keep it simple! Stay consistent with your colour and tone choices. Consistency is relaxing on the eye, creating a feeling of simplicity and rest.