



## **I Am Enough**

### **Day Long Retreat**

We are excited to share some news about a Day Long Retreat put on by The Wellness Collaborative on March 24, 2018. The retreat was held at St. Brigid's Villa on the beautiful grounds of St. Ignatius Farm. The day included several activities that were intended to nurture self awareness and insight, through a playful bean bag toss, gentle yoga and mindfulness meditation, and even a mindful eating practice with chocolate before enjoying our lunch.

#### **We focused on the theme:**

What I have is enough  
What I do is enough  
Who I am is enough

Early in the day, there was some instruction about how to work with affirmations so that they actually make a difference. The day wrapped up with a talk about the many ways that we may not feel that we are enough, and challenged us to consider whether these thoughts are actually true. We ended the day with a bonfire to allow participants to offer something to the flame as a way of letting go.

This is a very brief summary of a day that was very rich and rewarding. The Wellness Collaborative team was so excited about this day, that we are already planning another full day retreat this fall.

**The theme for the next retreat is "Finding Your Voice."** Stay tuned for details.

