



Light Of Solstice

Mini At Home Guardian Angel Retreat
Workbook

@lightsolstice

Introduction

We all need a little time away every so often, to recharge and reconnect. That's why I felt the need to create a little retreat for myself at home, to reconnect to my guardian angel (and of course, any other angels that may come through with messages!). It's a time to dedicate space and practice to mind, body and soul, to put aside stresses of daily life and enhance our spiritual connections and experience. With this retreat created to last around 3 hours, it can easily fit into an evening, but still leave you feeling rejuvenated and have a stronger connection to your guardian angel. This workbook is designed so you too can follow along and experience your own at home retreat. It can also be used as a template for any spiritual themed retreat you feel you need - simply adapt the areas to suit what you feel you need at this time.

So come join me on this evening retreat to connect to our guardian angels, and revive our minds, bodies and souls.

Love,

Kathryn x



Planning the retreat

There's a few things to consider when planning a retreat. By planning ahead you can make the most of the time you have set aside, and ensure you have what you need to hand. Prepare a small list of items to gather or shop for leading up to the retreat. Use this space here to create your list as you work through the planning section.

Items to gather:

Angelic items to create an angel altar
(think crystals, angel image/statue, candles
flowers/feathers etc)
Bath salts
Scented candles/incense
Journal
Angel images (such as magazine cut outs to make
a mini collage)
An angel prayer to use in your collage
Scissors/glue/pens
Angel book of peoples experiences/poetry/other angel

Shopping list:

related reading material
Angelic music
Guided meditation to meet guardian angel
(or you can write you own to use)
Any extra cushions/blankets and comfortable clothing
to wear

*My Mini At Home Guardian Angel Retreat begins at ____am/pm
on --/--/-- .*

The main location will be -----

The retreat will finish at ____am/pm on --/--/--

Menu of refreshments

Snacks:



*Keep foods light,
such
as fruits, vegetables,
soups and smoothies*

Drinks:



*Avoid caffeine drinks.
Try herbal teas, fruit
water and juices*

You could create a nutritious menu for the day, consuming fresh wholefoods and lots of water, or just prepare simple snacks to have throughout the retreat time and drinks to sip. A drink flask will keep your herbal tea warm so you wont need to nip to the kettle during your sacred time.

Schedule of activities

Feel free to alter the activities and times to suit what you feel you need.

7 pm Salt bath

7.30 pm Arrange altar, light candles/incense

7.45 pm Set Intention

8 pm Create mini angel collage (include an angel prayer, your intention, angel symbols)

Reflect and write about previous connections with your guardian angel / angels (if you have had previous connections)

8.30 pm Read about accounts of other peoples angelic experiences (or) learn more about a particular angel you feel drawn too (or) read angel poetry

9 pm Meditation (guided or unguided) to meet guardian angel, reflect and journal experience after



Be sure to give your retreat space a good clean the day before

Retreat Day!

Your time is set aside, your space is ready. Ensure that any devices that may be a distraction are on silent, and embrace this mini retreat to rejuvenate and connect to your guardian angel.

7 pm Salt bath

7.30 pm Create your beautiful angel altar. Decorate it with crystals, angel images, statues, feathers, flowers, a short prayer etc. Anything that you feel represents your guardian angel and

angels. Light candles, burn incense and have angelic music playing.

7.45 pm Set your intention for what you would like to happen during this retreat. Write your intention clearly and positively.

8 pm Create a mini angel collage. Add any images you feel represent the angels, include a simple prayer to your guardian angel, as well as your intention you've written above. You can create the collage in your journal, in this workbook or on separate paper.

Write about a previous connection you have had with your guardian angel.

8.30 pm Choose something angel related to read about, such as other peoples experiences with their guardian angel.

9 pm Settle in for a meditation to meet your guardian angel. You can find a guided meditation to use or own techniques and visualization. Reflect on your meditation session - what did you see/hear/feel?

End of retreat reflection

How do you feel?!

Use this space to reflect on the time in your Mini At Home Guardian Angel Retreat. Has your intention been fulfilled? What have you enjoyed most? What messages have your guardian angel / angels sent to you? Do you feel a stronger connection to your guardian angel?

Write your thoughts here.

