



Centering Space

Elements of a Personal Retreat

By Katie Talarico



Need some time away by yourself? Personal retreats for a day, a few days, or even longer can be refreshing to your mind, body, and soul.

How do personal retreats differ from vacations?

Vacations focus on leisure whereas personal retreats focus on connecting to the needs of your soul. Vacations are often taken with others, while personal retreats are typically taken by yourself.

Why would I go on a personal retreat?

There are many different reasons to go on a personal retreat, but the primary reason is to seek a quiet space to reflect and pray. This time can be especially useful to:

- Grow closer to God
- Reconnect with yourself
- Rest and relax *spiritually*
- Work through a difficult life situation
- Contemplate life decisions
- Hear the voice of the Spirit
- Ponder life and spiritual questions

What do I do on a personal retreat?

Personal retreats can follow any kind of format you'd like and often include a variety of different spiritual practices. They can be self-directed (you set your own schedule) or directed by a spiritual director.

The benefit of a self-directed retreat is full flexibility to

approach the retreat and your spiritual practice or prayer however you'd like. The benefit of a directed retreat is having more structure and guidance during your retreat. Directed retreats may be more helpful for discernment, making life decisions, and hearing the voice of the Spirit.

Here are some ideas you may want to incorporate into a personal retreat:

- Contemplation in nature
- Direction by a spiritual director
- Spiritual reading
- Silent prayer and reflection
- Meditation on sacred texts
- Liturgical prayer
- Other forms of meditation/mindfulness
- Journaling
- Reflection on art or poetry
- Light movement such as walking, Tai Chi, or yoga
- Engaging in creativity (art, poetry, music, etc.)

What preparation should I make for my retreat?

While retreat days can be free flowing, it helps to set a structure for your days to ensure you get the most out of your time.

Consider meeting with your spiritual director or a spiritual mentor ahead of time to discuss a general focus for your retreat.

But don't over plan! Leave space for the Spirit to guide you in your readings, prayer and meditation.

**Renew · Refresh · Refocus
at Centering Space**

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Personal Retreats at Centering Space

Did you know that Centering Space offers a beautiful and contemplative space for personal retreats?

Located on the shores of Lake Erie adjacent to Lakewood Park, the Century Home offers overnight accommodations as well as access to outdoor areas for nature walks and quiet meditation. Contact us to learn more or to schedule your own personal retreat.