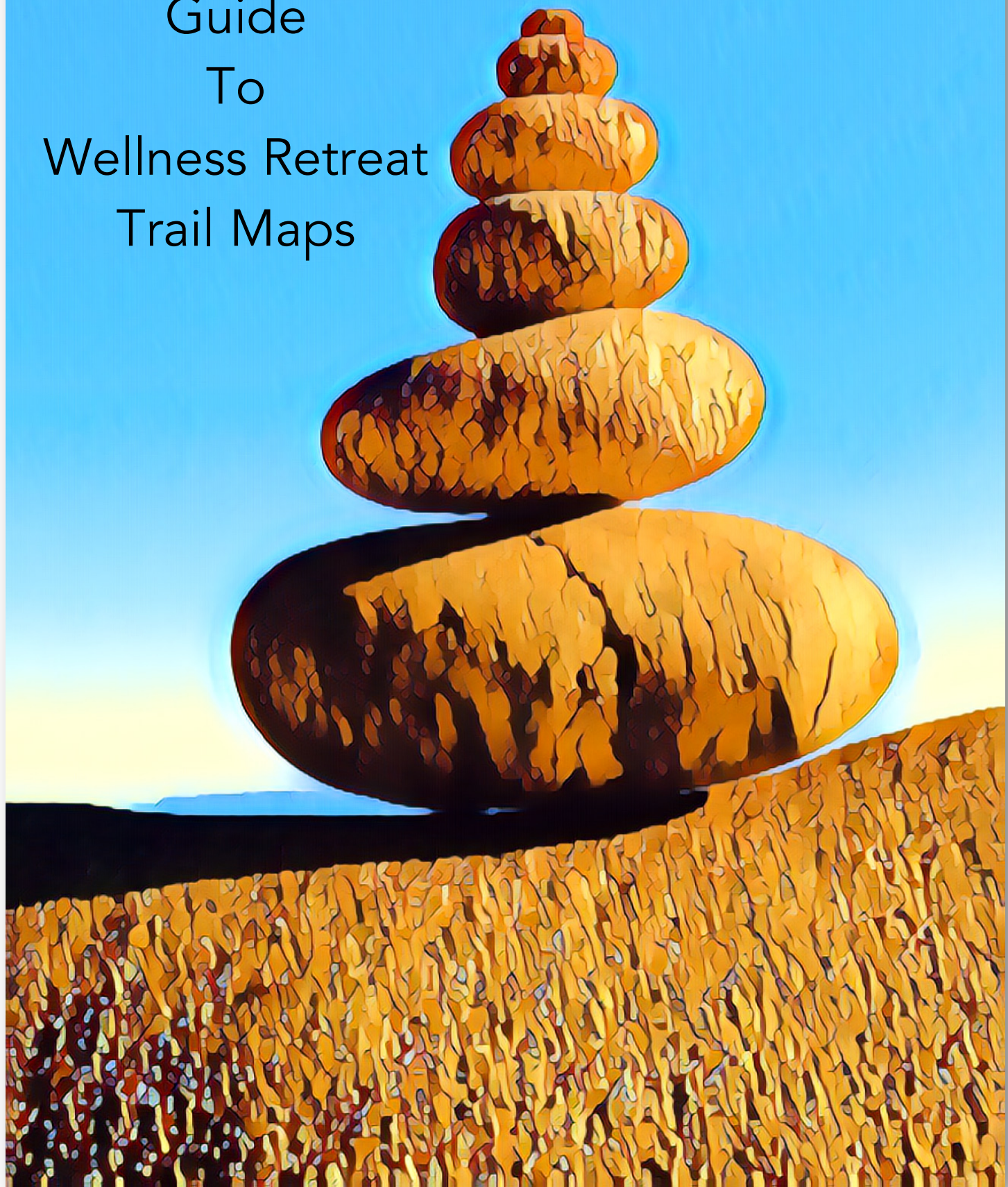


Guide  
To  
Wellness Retreat  
Trail Maps



Guide to Wellness Retreat Trail Maps  
Janet Ware Doucette, MA LMHC

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# Guide to Retreat Trail Maps

*Self-directed wellness retreats are an opportunity to learn about optimal living, stress reduction, healthy eating and creating action plans for a happier life. These standalone, webinar classes are designed for studying at your own pace. Choose topics you want to learn more about and use our “trail maps” to help you chart a personal course to wellbeing. Our Trail Maps are excellent guides to navigating the order of our wellness education classes and programs.*

*You can take the classes whenever you wish or you can create your own weekend getaways to immerse yourself in a healthy lifestyle while studying these classes.*

*Based on your Quiz results or your own determination of your starting place, choose one of the maps to explore. Print the booklet and put a check mark where your path begins!*



## The Trailhead

The **Trailhead** is the place to begin if the concept of wellness is new for you.

- DESTRESS! FIND YOUR MOJO  
*Workshop oriented classes that focus on effectively managing daily stress and preventing burn-out.*
- MINDFUL EATING  
*This series offers powerful affirmations for healthy eating behaviors using mindfulness practices.*
- INNER FLIGHT RELAXATION  
*Relax to the sights and sounds of nature while watching a drone pilot’s guided imagery tour.*
- #RELAXATIONUNDERGROUND  
*Learn to Hike your Mind Find and discover unique places of clarity, focus and effective decision-making.*
- GET INSPIRED  
*Our Instagram page offers inspiration and information snippets for motivation! Learn new ideas about healthy living. If you need to find a reason to make a change or find more meaning in your life, it’s HERE!*
- VISIT THE PODCAST HUT  
*A collection of our best commentaries and discussions.*

NOTES: *[Review the topics in these retreats at the Virtual Retreat Center. What attracts you to the contents of these retreats? What are a few of your goals? ]*

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## The Introductory Trail Map

Our **Introductory Retreat** classes are for those who interested in a healthy lifestyle and would like to explore more ideas. Some great Wellness Retreat focus classes are:

- GET INSPIRED  
*Our Instagram page offers inspiration and information snippets for motivation! Learn new ideas about healthy living. If you need to find a reason to make a change or find more meaning in your life, it's HERE!*
- MINDFUL EATING  
*This series offers powerful affirmations for healthy eating behaviors using mindfulness practices.*
- DESTRESS! FIND YOUR MOJO  
*Workshop oriented classes that focus on effectively managing daily stress and preventing burn-out.*
- INNER FLIGHT RELAXATION  
*Relax to the sights and sounds of nature while watching a drone pilot's guided imagery tour.*
- #RELAXATIONUNDERGROUND  
*Learn to Hike your Mind Find and discover unique places of clarity, focus and effective decision-making.*
- #SENTIENT EARTH  
*A daily visualization for planetary reciprocity*
- VISIT THE PODCAST HUT  
*A collection of our best commentaries and discussions.*

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## The Intermediate Trail Map

Our **Intermediate Retreat** classes are for those who are well on their way to developing a wellness lifestyle. Some great Wellness Retreat focus classes are:

- DESTRESS! FIND YOUR MOJO  
*Workshop oriented classes that focus on effectively managing daily stress and preventing burn-out.*
- MEDITATION AS MEDICINE  
*A series of informative, interactive presentations balanced by evidenced based research.*
- INNER FLIGHT RELAXATION  
*Discover a library of Self-Care tools, techniques and healing rituals*
- #RELAXATIONUNDERGROUND  
*Learn to Hike your Mind Find and discover unique places of clarity, focus and effective decision-making.*
- #MEDITATION DAILY  
*This personal meditation practice is suitable for beginners, intermediate and advanced meditators. Use as a standalone daily practice. Live Stream or go at your own pace.*
- #SENTIENT EARTH  
*A daily visualization for planetary reciprocity*
- GLOBAL MEDITATION GROUP  
*Join Our HeartMath Global Coherence Group. The Forest Pond Meditation group is live at 7am daily with focus leader, Janet Doucette. Open always for individual practice on the Cloud. Use your HeartMath Inner Balance sensor to join your heart rhythms with other meditators. Join us without a sensor as well.*
- GET INSPIRED  
*Our Instagram page offers inspiration and information snippets for motivation! Learn new ideas about healthy living. If you need to find a reason to make a change or find more meaning in your life, it's **HERE!***
- VISIT THE PODCAST HUT  
*A collection of our best commentaries and discussions.*

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## The Advanced Trail Map

Our **Advanced Classes** are for those who have already established a strong wellness lifestyle. Here are some great first Wellness Retreats to explore:

- MEDITATION AS MEDICINE  
*A series of informative, interactive presentations balanced by evidenced based research.*
- #SENTIENT EARTH  
*A daily visualization for planetary reciprocity*
- GLOBAL MEDITATION GROUP  
*Join Our HeartMath Global Coherence Group. The Forest Pond Meditation group is live at 7am daily with focus leader, Janet Doucette. Open always for individual practice on the Cloud. Use your HeartMath Inner Balance sensor to join your heart rhythms with other meditators. Join us without a sensor as well.*
- ANTI-INFLAMMATORY LIFESTYLES  
*This educational series examines how immune health affects aging, wellness, and overall quality of life.*
- INNER FLIGHT RELAXATION  
*Relax to the sights and sounds of nature while watching a drone pilot’s guided imagery tour.*
- #MEDITATION DAILY  
*This personal meditation practice is suitable for beginners, intermediate and advanced meditators. Use as a standalone daily practice. Live Stream or go at your own pace.*
- GET INSPIRED  
*Our Instagram page offers inspiration and information snippets for motivation! Learn new ideas about healthy living. If you need to find a reason to make a change or find more meaning in your life, it’s HERE!*
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NOTES: [Review the topics in these retreats at the Virtual Retreat Center. What attracts you to the contents of these retreats? What are a few of your goals? ]

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