



MINI-RETREAT RESOURCES

Meditative Music and Nature Sounds

This is a selection of my favourite meditative music and nature sounds recordings. I love how Dan Gibson weaves nature sounds and music together into a soothing soundscapes.

- 🎧 [Pachelbel Forever By the Sea](#)
- 🎧 [Natural Grooves](#)
- 🎧 [Calm the Mind](#)

Self-massage Mini-Retreats

Easy to follow self-massage guidance

Progressive Muscle Relaxation Mini-Retreat

In depth guide to Progressive Muscle Relaxation **online**

Stretching Mini-Retreats

- 🎧 **Stretching in the Office** online instructions by the Canadian Centre for Occupational Health and Safety
- 🎧 **Stretchware**, a software program that reminds you to stretch

Contemplation Mini-Retreat

- 🎧 www.quotationspage.com
- 🎧 www.quotationsbook.com

[The One–Minute Sufi](#) provides short inspirational Sufi principles that are designed to be read in a minute and reflected on throughout the day as we go about our daily business. These principles can change the course of an entire day – and gradually, our destiny.

Sensory Journey Mini-Retreat

If you don't have the opportunity to retreat outside, you can take the sensory journey in your home or office and bring nature inside with these wonderful sound recordings

Play with Words Mini-Retreat

Playing with words can be so much fun. The **random word generator** will get you started with a word and you can let your imagination take you from there.

Fascinated with Words Mini-Retreat

Here are a few online dictionaries to get you started. Type in any word you wish and discover its many meanings.

- 🔗 www.thesaurus.com
- 🔗 www.merriam-webster.com
- 🔗 www.yourdictionary.com

Acts of Kindness Mini-Retreat

- 🔗 **The Random Acts of Kindness Foundation** provides many ideas and tools on how to bring more kindness into your community.
- 🔗 **Pay It Forward** by Catherine Ryan Hyde: A great novel that shows how small acts of kindness can change the world. A little boy does something good for three people and asks them to pay it forward and do something good for three more people, who in turn will be asked to do something good for three more people...each act a link in the chain of human kindness.
- 🔗 **Pay It Forward** is also an action plan within a work of fiction. Since the book was released in January of 2000, a real-life social movement has emerged, not just in the U.S. but worldwide. What began as a work of fiction has already become much more. **Pay it Forward Foundation**
- 🔗 **Power Of Giving** by Azim Jamal and Harvey McKinnon This book shows you how the simple act of giving can improve your health, your relationships, your company's bottom line, your happiness and more... It helps you find and cultivate your own personal giving potential and make conscious choices about giving at the right times, places, for the right causes and people.
- 🔗 **How Full Is Your Bucket?: Positive Strategies for Work and Life** by Tom Rath & Donald Clifton This book reveals how even the briefest interactions affect your relationships, productivity,

health, and longevity. Organized around a simple metaphor of a dipper and a bucket, and grounded in 50 years of research, this book will show you how to greatly increase the positive moments in your work and your life — while reducing the negative.

Gratitude Mini-Retreats

Thanks!: How Practicing Gratitude Can Make You Happier by Robert A. Emmons

A scientifically ground-breaking, eloquent look at how we benefit – physically, psychologically, and interpersonally

when we practice gratitude. In Thanks!, Robert Emmons draws on the first major study of the subject of gratitude, of “wanting what we have,” and shows that a systematic cultivation of this under examined emotion can measurably change people’s lives. Thanks! Inspires readers to embrace gratitude and all the benefits it can bring into their lives.

Overcoming Barriers to Mini-Retreats

🎧 Taming Your Gremlin (revised Edition) by Richard Carson

There is a creature inside each of us that can stop us in our tracks, take the wind out of our sails and make us feel about three inches tall. Get to know this creature, your inner critic, and turn it into a strength instead of a weakness. This book offers a light and humorous approach in dealing with your inner saboteur and taking charge of your destiny.

Other Resources

🎧 Press Pause ... Press On: Bringing Balance & Perspective To Work & Life by Patricia Katz

This book offers strategies for restoring a rhythm of renewal to work and life. No more crash and burn. No more blur and endure. 64 sanity-saving strategies for finding perspective, productivity and peace of mind.

🎧 Sixty Seconds: One Moment Changes Everything by Phil Bolsta

Sixty Seconds is an uplifting collection of intimate, heartfelt stories from prominent people who share their personal experiences with the profound. Their interviews illustrate that sacred moments of illumination and insight are available to all of us.

🎧 Happiness at the Speed of Life by Jim Smith

It’s an easy-to-read set of principles wrapped around short essays, personal reflections, and stories. Woven in you’ll find lessons, exercises, tips, tools and ideas, giving you specific actions and practices to “exercise” your happiness muscles in your personal life and workplace. It is through the adoption of these principles that you can learn to become a happier, more appreciative, person.