To “Retreat” Is All about Perspective: What to Expect

To “retreat” means to leave our normally occupied positions in life and go to a place of safety, quiet and seclusion. By “retreating,” we remove ourselves from life’s usual distractions in order to make space for personal and professional awakening and mindfulness.

“The ability to simplify means to eliminate the unnecessary so the necessary may speak”

– Hans Hoffman

The greatest benefit of “retreating” is it gives us fresh ways of seeing and opens us to new possibilities, so that even though we go back into the same situations and the same set of circumstances we left behind, we approach them differently because we have changed inside.

It is therefore strategic to “retreat”... to withdraw in order to advance. This brings us hope because our priorities are reordered, our sense of direction is renewed, and our next steps are clarified.

For these reasons, the American Holistic Nurses Association intentionally chooses simple and natural retreat settings for our Integrative Healing Arts Program in Holistic Nursing (IHAP) rather than hotel settings.

Below are typical retreat-style rooms:

![Weber Center, Adrian, MI](image)

![Pendle Hill, Wallingford, PA](image)

Staying a few days in a retreat setting can assist you to:

- Have clearer focus on what you are feeling, needing, and learning
- Share in the enthusiasm and commitment among everyone participating
- Cultivate mindfulness and a humble, casual, and relaxed mood
- Engage in a shared experience and bonding with like-minded peers
- Step back and re-examine your goals, objectives, and activities

**In most cases, there will not be daily maid service, TV or Wi-Fi connections in the retreat setting bedrooms** and in many cases, the bathrooms will be dorm-style.