

Virtual Retreats Online Retreat

Discover how to create deep connection by leading your own Virtual Retreat

Virtual Retreat Activity Ideas

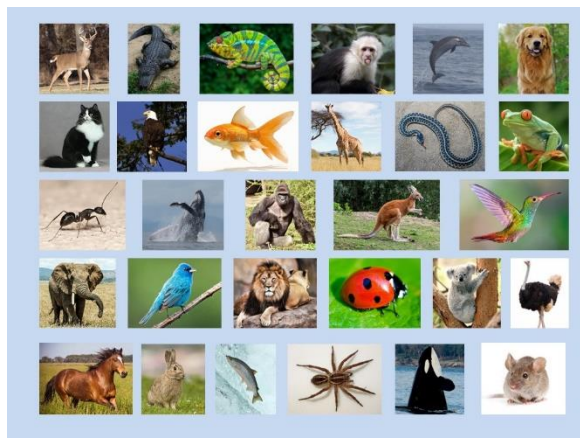
1. Windshield Wiper Exercise – Have each person close their eyes and imagine they see windshield wipers going on the fastest speed in front of them, then tell them the wipers are going normal speed, then have them go down to a slow speed.

This exercise will help them to release the chaos and busyness of what they had been doing previous and slow down their mind to being present.

2. Photo slide – Show a slide of many different photos. They can be in themes, such as scenery, actions, flowers, animals, cars, furniture, houses, toys, anything. Have them pick which photo they resonate with the most, usually in relation to what you are teaching. For example, which toy represents you as a business owner.

You can have them share what they picked and why in the group or in partner shares.

Example:



3. Guided Meditation of Visualization – Lead a guided meditation/visualization to help them see themselves achieving the goal you are teaching about. This can be a very powerful exercise.

You can have them share in the group, in partners or journal about what they experienced and saw for themselves.

4. Create Affirmations – Lead them to create their own affirmations. Show some examples. Maybe lead a meditation/visualization to find their ideal affirmation.
5. Oracle Cards – Have an oracle card deck and pick a card for the group, a tone or theme for the day, or pick a card for each person in the group. This can be amazingly accurate and profound for each person.

One cool deck is the [Shift Deck](#) which playfully moves people through mental ruts to a state of ease and possibility.

6. Movement – You can lead many types of movement exercises to get people active, alert and back into their bodies. For example, you can lead dance, yoga, exercise, chi gong, tai chi or a guided self massage.

7. Play a Game – Pick a game that aligns with your topic or theme. There are many improv games that are a lot of fun and can support what you are teaching too.

Check out [Improv Encyclopedia](#) for many suggestions of fun improv games to play.

8. Music – You can lead people in drumming together, singing, playing instruments, even karaoke!

Of course, you will want to tell people in advance to have an instrument nearby for the retreat.

9. Chanting or Prayer – You could lead the group in a chant or group prayer.

10. Demonstrations – You can lead them in any number of demonstrations and even have them follow along with you doing the activity with you. Such as cooking, food prep, art (painting, drawing, sculpting, etc.), crafts, knitting, sewing, quilting, etc.

11. Partner and Group Sharing Circles – Use breakout rooms to put them in small groups to share with each other about their goals, ah ha moments, plans, etc. Have a group sharing circle and ask them to share a one word takeaway or longer takeaways at the end of your retreat or intentions at the beginning.

12. Rituals – Light a candle, say a prayer or invocation, smudge or any other kind of ritual to begin the retreat, or each day or gathering.

13. Flower intuition – This is a good partner exercise. One person uses their intuition to see what kind of flower the other person is most like. Then the person who saw the flower asks the flower questions about what the person most needs to know, or if the flower has a message for that person. The person answering just trusts whatever pops into their mind.

This can be done with trees, plants or even animals.

14. Vision Boards – Lead them to create their own vision boards.

A variation is the Paper Doll Vision Board. Have them use a photo of their face and build a vision board version of themselves by starting with their own face. It can be powerful to see themselves in the vision board.

15. Journal – Create a journal for them or have them bring a journal and give them time to journal about the realizations and takeaways they have had.

16. Mind Holiday – Lead them on a mind holiday visualization.

- Step 1 – Where they want to go
- Step 2 – Who they want to go with.
- Step 3 – The feeling of packing for the holiday.
- Step 4 – Gratitude for what they are about to experience.
- Step 5 – What mode of transportation they will use.
- Step 6 – What surprise would they like when they arrive.
- Step 7 – What accommodation will they have when they arrive.
- Step 8 – What activities they will do.
- Step 9 – What do they want to experience on the last day.
- Step 10 – What do they want to take back with them?
- Step 11 – What does what they will take back represent for them?

Learn more at [Mind Holidays](#)

17. Shamanic Journey – Lead them on a shamanic journey.

18. Connect to Nature – Have people bring 3 items from nature, such as rocks, leaves, twigs, feathers, flowers, etc. Lead them to observe the first item, then close their eyes and merge with the item.

Ask the following questions:

- What is the item's purpose?
- Do you have a message for me?
- Express gratitude to the item.

Then they open their eyes and share with the group what they experienced if they want to share.

Then lead them through the same experience with the other 2 items one at a time. This will show them how different the energy, experience and purpose of each item in nature is. It will help them connect and tune in to nature much more easily.