

DIY SUMMER RETREATS

OUTDOOR YOGA PICNIC WITH FRIENDS



Invite your friends to join you for an outdoor yoga and picnic session in a nearby park or scenic spot. Start with a yoga session led by one of you or follow a yoga video together. The warmth and openness of summer make outdoor yoga particularly refreshing and invigorating. After the session, spread out picnic blankets and enjoy a healthy picnic with refreshing salads, fruits, and infused water. This activity combines physical activity, relaxation, and social connection in a natural setting, promoting physical and mental well-being.

Create a magical evening by setting up a cozy spot in your backyard or an open area for stargazing. Lay out a blanket, bring some pillows, and prepare a thermos of your favourite hot beverage. As night falls, use a stargazing app to identify constellations and planets, sharing the beauty of the night sky. Complement the experience with a small fire, roast some marshmallows, and enjoy intimate conversation under the stars. This activity fosters a deep emotional connection and provides a perfect blend of relaxation and romance.

STARGAZING & CAMPFIRE WITH A PARTNER



Transform your backyard into a cozy outdoor cinema for a movie night under the stars with your family. Set up a projector or large screen, arrange comfortable seating with blankets and pillows, and prepare popcorn and snacks. Choose family-friendly movies or classics everyone enjoys. Watching a movie outdoors in the summer enhances the experience with fresh air, starlit skies, and a relaxed atmosphere. This activity promotes bonding, laughter, and shared memories in a comfortable and enjoyable setting.



OUTDOOR MOVIE NIGHT WITH FAMILY

Find a peaceful spot by a lake, river, or beach to enjoy the tranquil beauty of a sunset. Bring a journal or notebook and a comfortable blanket or chair. As the sun begins to set, take in the changing colours of the sky and the soothing sounds of water nearby. Reflect on your thoughts, feelings, and experiences in writing as you watch the day transition to dusk.

SOLO SUNSET JOURNALING BY THE WATER

