

Wellness and Yoga Retreat for Interpreters

Mar de Jade 2026

*Come Back Home to Yourself:
Cultivating Freedom from Inside
Out*



Your Retreat

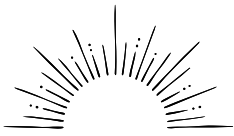
Date

“It is through your body that you realize you are a spark of divinity.”

— B.K.S. Iyengar

What is your intention/your aim for this retreat

A series of horizontal dotted lines for writing.



Your Retreat

Date

“It is through your body that you realize you are a spark of divinity.”

— B.K.S. Iyengar

- 1. What thoughts/beliefs and actions do you need to remain anchored in for this week’s intention?**
- 2. What thoughts/beliefs and actions are not helpful to your intention**

Handwriting practice lines consisting of multiple horizontal dotted lines for writing.



— B.K.S. Iyengar

Write a letter from your future self to your current self. What would she tell you to think/do or believe to become her? What does she want you to remember?



— B.K.S. Iyengar

What do you get once you open the box?

Notes

Date

“Yoga does not just change the way we see things, it transforms the person who sees.”

— B.K.S. Iyengar, Light on Life

RELEASE AND LET GO

What are 3 things you want to let go of?
Write it in each box, then rip them into three and burn each
piece

FILL EACH DAY WITH

DATE :

Gratitude

3 THINGS I'M GRATEFUL FOR TODAY

MY INTENTIONAL THOUGHT

WHAT I LEARNED TODAY

**MY FAVOURITE
MOMENTS OF THE DAY**

FILL EACH DAY WITH

DATE :

Celebration

3 THINGS I'M GRATEFUL FOR TODAY

MY INTENTIONAL THOUGHT

WHAT I LEARNED TODAY

**MY FAVOURITE
MOMENTS OF THE DAY**

FILL EACH DAY WITH

Acknowledgement

DATE :

3 THINGS I'M GRATEFUL FOR TODAY

MY INTENTIONAL THOUGHT

WHAT I LEARNED TODAY

**MY FAVOURITE
MOMENTS OF THE DAY**

FILL EACH DAY WITH

DATE :

Awareness

3 THINGS I'M GRATEFUL FOR TODAY

MY INTENTIONAL THOUGHT

WHAT I LEARNED TODAY

**MY FAVOURITE
MOMENTS OF THE DAY**

FILL EACH DAY WITH

DATE :

Appreciation

3 THINGS I'M GRATEFUL FOR TODAY

MY INTENTIONAL THOUGHT

WHAT I LEARNED TODAY

**MY FAVOURITE
MOMENTS OF THE DAY**

FILL EACH DAY WITH

DATE :

Gratitude

3 THINGS I'M GRATEFUL FOR TODAY

MY INTENTIONAL THOUGHT

WHAT I LEARNED TODAY

**MY FAVOURITE
MOMENTS OF THE DAY**

Notes

Date

“Yoga is like music: the rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.”

— B.K.S. Iyengar

Evaluation

Date

What worked

What didn't work

What will I do differently next time

Evaluation

Date

What worked

What didn't work

What will I do differently next time

Evaluation

Date

What worked

What didn't work

What will I do differently next time

Reflection

Date

What are the details of the situation

What emotions and physical sensations did you have in your body while it was happening? What did you notice happening in your body?

What thoughts went through your mind as the situation was happening?

In what ways did this affect you and your interpreting during the situation?

In what ways did this affect you and your interpreting during the situation?

In what ways did this influence you after the situation/assignment?

What personal or professional values of yours were challenged?

What is one question you would your wiser self want to ask ?

What are you taking away from this?

Put your hands on your chest, thank, acknowledge, and extend appreciation to yourself for noticing who you are, your values, your strengths and what is most important to you.

Yamas

Conduct in a group/society

Ahimsa

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Satya

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Asteya

- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____

Aparigraha

- ☐ _____
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Brahamcharya

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Niyamas

Conduct for yourself

Saucha

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- ☐ _____

Santosha

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Tapas

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Svadhya

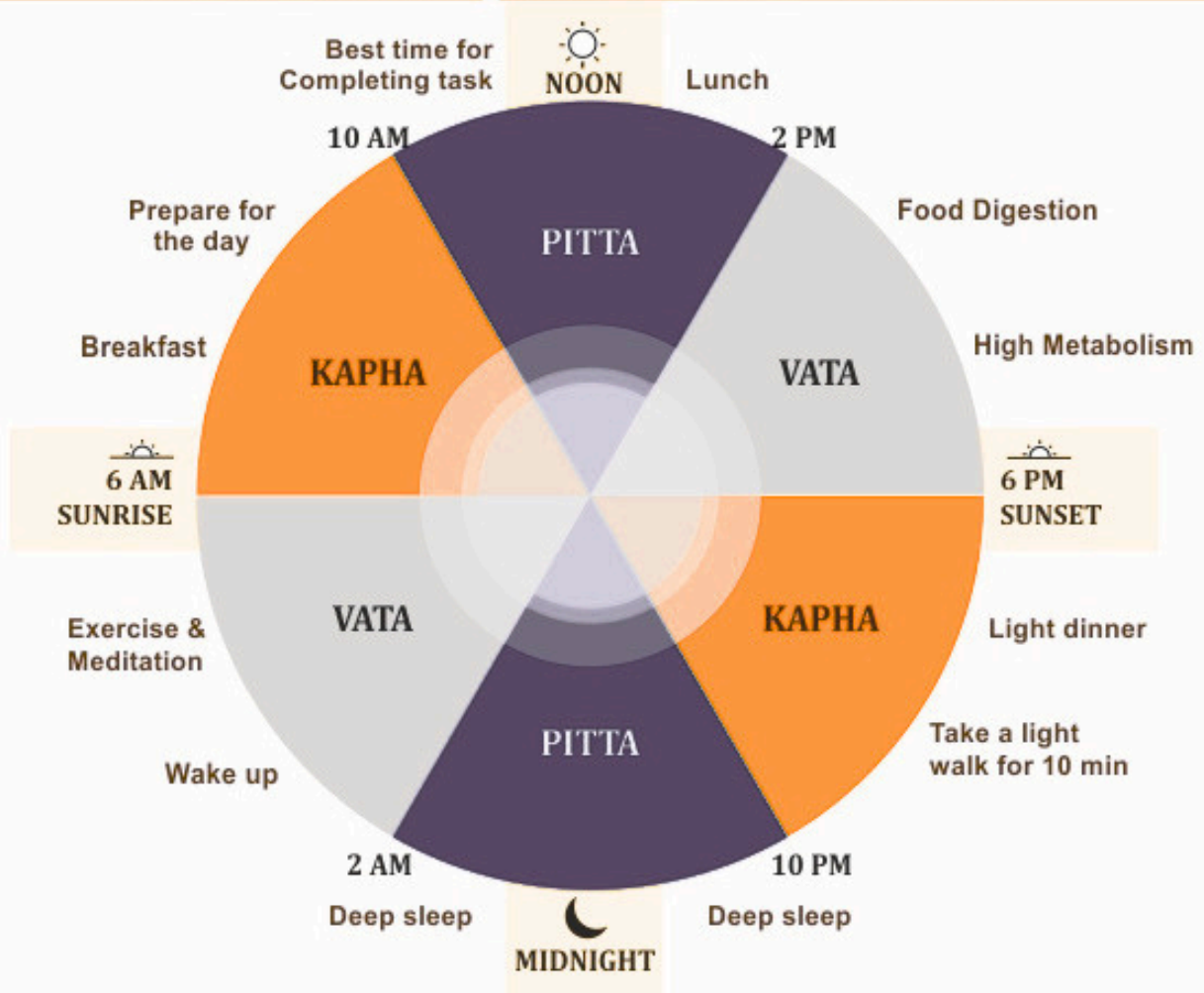
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Isvara Pranidhani- Surrender

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Normal Ayurvedic Clock



Daily Routine

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Yoga Routine

Date

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Describe what she thinks? Describe what she does? Describe what her daily life looks like



**What support do you need to honor this commitment to yourself? Family support, accountability buddy, structure, coach, class, calendar....
Be specific**



Contract with Myself

Date _____

I _____ make a commitment to myself to

**In order to fulfill my commitment to myself, the support I need and will put
into place**

Signature_____ . Date_____

HOW YOU SPEND YOUR ENERGY

This exercise will help you identify the things that are either recharging you or wearing you down

10 ENERGY-GIVING ACTIVITIES

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10 ENERGY-DRAINING ACTIVITIES

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Ideally, your week should include at least 1 energy-giving activity. If not, you will start to feel burnout and overwhelm. Start adding the activities that give you joy and energy. Remove, delegate or reduce the activities that drain you.

A Stress Relief Checklist for Interpreters

Back to Your Body's Wisdom

START FRESH - WAKE UP

- ☐ Wake up before 7am
- ☐ Drink a glass of warm water
- ☐ Move your body (walk, yoga) - Get out in the morning sun
- ☐ Eliminate each morning
- ☐ Avoid screens until after breakfast
- ☐ Journaling, Meditation. Prayer

THE DAY-RECLAIM YOUR RHYTHM

- ☐ Start your week in alignment - schedule in exercise and activities that nourish you - "in pen"
- ☐ Eat lunch between 12-2 for better digestion
- ☐ Mini breaks- walk, dance, movement, stretch
- ☐ Breathwork: inhale 4 / exhale 6 (3-5 rounds)
- ☐ Reconnect with your body: feel your feet, hips, or spine for 20 seconds

POST WORK - LET GO

- ☐ Rest your body and nervous system (lie down with legs up or supported back 5-20 min)
- ☐ Breathwork: With each exhale let go of what is not yours
- ☐ Unpack the mental load with a safe, supportive person

EVENING - COME HOME TO YOURSELF

- ☐ Eat a light meal before 7:30pm
- ☐ Journaling
- ☐ Light a candle. Aromatherapy
- ☐ Warm oil massage your hands and feet
- ☐ Warm tea or milk with spices
- ☐ Create a calming space dedicated for sleep
- ☐ Unplug 30-60 minutes before bed
- ☐ Get to bed before 10:30pm

Work – Life Balance

Health and Fitness

Friends and Family

Romance Relationship

Fun and Recreation

Spiritual

Personal Development

Other

Daily Plan

Month _____

Morning Tasks	S	M	T	W	T	F	S
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Evening Tasks	S	M	T	W	T	F	S
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