RUN WILD RETREATS

Traveling with H.E.A.R.T.

HUMBLE

Be curious and open to new experiences and ideas during the retreat. Release your expectations and join in the process of discovery. Replace expectations with intentions to open yourself to new experiences.

ENGAGED

Trust that you belong here and that you have more in common with these runners than you might think at first. Seek out opportunities to engage with them and support them, as this will benefit you, too.

AWAKE

Being present in the moment helps you notice things you might otherwise miss. There's so much more to the retreat experience than running place to place; be awake to the internal journey taking place as well.

RESILIENT

You can expect to feel challenged in any number of ways during the retreat. Prepare to meet those challenges with grace and self compassion instead of force or frustration. Through the discomfort comes growth and insight.

THANKFUL

Take time after the retreat to be thankful for all you experienced. Gratitude is a powerful practice that can actually change your brain. Even moments that were hard or uncomfortable were packed with the potential to grow and learn.

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