

# HOW TO CREATE AN IMOM AT HOME RETREAT EXPERIENCE

## 1. Invite

*Pray about 2-10 moms in your life who could benefit from a retreat and send each one a personal text, email, or phone call to invite them.*

## 2. Prepare

*Decide where in your home you will host - ideally a room with excellent internet. Remove distractions and create a sacred space that is comfortable and welcoming. Keep it simple so everyone can focus, and connect. Candles, cozy blankets, and snacks are all optional - there will be no prizes for most Pinterest-worthy room (but if it brings you joy, go for it!).*

## 3. Engage

*You will get out of this retreat what you put into it. Engage with the keynote messages, participate in the breakout sessions, compare notes with friends, and encourage one another.*

