

# Self-Care Spa Holiday

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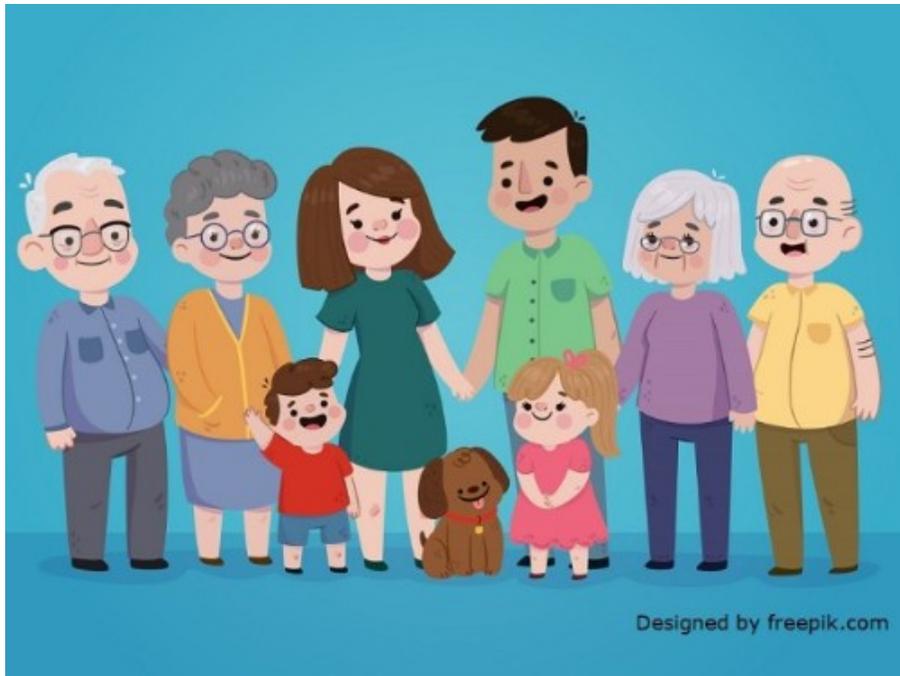
## **The more we care for others, the more important time for self-care becomes.**

One of my dogs needed major orthopedic surgery a few weeks ago. While I knew the recovery period for him would be long, I wasn't prepared for how exhausting this would be for me.



Terri with his bald rump about a week into his recovery.

I was tired from the worry, increase in time and attention (I didn't even think that was possible with this much-loved dog), and extra patience. In short, I was tired because I care. I'm sure you also have loved ones (4-legged or 2-legged) about whom you care and willingly give your time, attention, and patience.



Think about the typical level of energy and self-sacrifice that you give. Now, add in the holiday season and what happens? We find ourselves pushing our limits to maintain our usual standards of care plus accommodate our busier schedules and longer To Do lists!



It's like a game! How many differences can you spot?  
(Psst...There should be nine.)

How about building in some time now to allow yourself to breathe when you know you'll need it? Schedule a Self-Care Spa Holiday to relax and refresh on **December 1** -- conveniently timed to allow you to both

recover from Thanksgiving and recharge before the holidays kick into full swing.

Join us on December 1 at the Haven on the Lake in Columbia, Maryland to:

- Relax in a sauna, hot tub, or other healing environment
- Stretch tense muscles through yoga
- Clear away negative clutter with journaling and meditation
- Set intentions for the holidays and beyond with a crystal grid
- Remind yourself of the value of being present

And more!

Full details can be found at: <https://rockysretreats.com/upcoming/self-care/>. Registration is open now and the early bird rate is available until Nov 11.

Be well.

**Rocky** at Rocky's Retreats

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