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Author Discusses Going on Transformational Personal Retreats

Author : David Gurliacci

Categories : [Books & Authors](#), [Darien Library](#), [Healthy Living](#)

Tagged as : [Brie Doyle](#), [You Should Leave Now](#)

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In a world where speed, outcomes and achievement rule, and where health means fitting into your skinny jeans, *You Should Leave Now: Going on Retreat to Find Your Way Back to Yourself* poses a revolutionary wellness solution - transformational personal retreats.

— *an announcement from Darien Library*

Taken once or multiple times a year, a solo retreat is an opportunity to rest, reboot and cultivate the most valuable relationship in one's life - the relationship with yourself. Brie Doyle, founder of She Glows Retreats, LLC and a mindfulness teacher of over 20 years, shares her vibrant wit and wisdom to take the reader on this ultimate journey to wellness.

About the Book

In this time of extraordinary change and transition, *You Should Leave Now* offers the perfect restorative for emotional well-being.

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It is a step-by-step guide on how to take a meaningful break from everyday life. Brie Doyle believes that the practice of retreat is one of the pillars of wellness and provides a powerful shift to bring fresh perspective and renewed energy to the practitioner.

Doyle shares compelling research and time-tested advice that covers the benefits of going on an annual personal retreat.

It's up to you where you go — Timbuktu or your very own backyard — and Brie Doyle's witty and sage advice guides the reader completely through logistics, expectations and directions on how to return home revitalized. Regardless of experience or budget, everyone can embark on a transformative personal retreat.

About the Author

[Brie Doyle](#) is the founder of She Glows Retreats, LLC, and hosts transformational retreats throughout the US and across the globe. She specializes in curating mental and emotional wellness curriculum for groups, companies, schools and individuals.

A yoga and meditation teacher for over twenty years, Brie is a leader in the health and wellness space who helps people heal their past and reclaim their power. She lives in Boulder, CO with her husband and three kids.

Registration Information

[Register for Author Brie Doyle, You Should Leave Now](#)

Need help registering? Email Adult Programming at apstaff@darienlibrary.org.

This event will take place on Zoom. You will receive an email confirming your registration with a link to join the webinar after you [register](#) for the event.