

# WHY DO I DO IT? (solo-retreats in nature) ~ Stephanie Nash

00:00:00 Why do I do this? Why do I go off and camp when it's this has been really cold  
00:00:05 and spend 14 days alone not talking to anybody just me and the ocean and the  
00:00:14 wind and the trees and my tent. Why do I do it? There is no better restoration for  
00:00:25 me. There's something about it that's just so pure and my nervous system just  
00:00:37 unravels, unwinds, lets go and insights come. I was gonna be hard leaving. I can't  
00:00:47 believe it's been 11 days. It feels like it's been three. Time flies when you're  
00:00:55 not here. I disappear. I disappear and I disappear and become the wind and the  
00:01:11 trees and the waves and the clouds. It's not a bad way to go.  
00:01:41 you