



What to Bring:

1. Yoga mat & props if you have them (great if you have them, although not necessary)
2. Throw blanket (for meditation and yoga) – of a natural fiber, if possible
3. Pillow/cushion for sitting on the floor
4. Water bottle
5. Flashlight
6. iPod or headset for relaxation (if you'd like, but not necessary)
7. Comfortable clothes (think weekend away in nature with no-one to impress)
8. Movement clothes
9. Rain gear & good outdoor shoes you don't mind getting muddy
10. Warm socks, flip flops, or slippers for indoor "no shoes" areas
11. Easy slip on / slip off shoes for going in and out of doors (as we do not wear shoes inside the house, lodge, and conference center)
12. Lounging clothes for indoor lounging
13. Favorite pillow for sleeping if you have one (we provide pillows, but if you've a favorite, please bring)
14. All personal toiletries, except towels (unless you also have a favorite towel or two)
15. Journal and writing utensils
16. A jacket for sitting by the campfire, if weather permits
17. Snacks if you have favorites or require a morning "start" as breakfast comes after our morning yoga practice
18. Anything else that makes you feel comfy, happy, and peaceful