

NATURE AS RITUAL: A SACRED WOMEN'S RETREAT

July 14-16, 2017
Packing List

Please Bring:

- A journal
- Comfortable clothes for yoga and outdoor activities
- Warm clothing in case of evening chill
- Slippers or socks for indoor activities
- Swimsuit
- Sarong or picnic blanket for lying on the ground
- Yoga mat
- Props for a comfortable seated meditation - a cushion, enough blankets, or 2 blocks (chairs will be available on site)
- Yoga props you would like for your practice: a strap, 1-2 blocks, and a blanket
- Good walking shoes (sneakers or hiking boots)
- Water shoes or sandals for the river
- Bug spray
- Sunscreen
- Flashlight
- Reusable water bottle
- Contribution or offering for our communal altar

