

## **What to Bring & things that are nice to have**

~ \*yoga mat, small blanket, (fleece, cotton), other yoga props you may have like bolster, strap, blocks

~ yoga wear: nothing too baggy, include layers to stay warm in shavasana

~ a variety of outerwear including a warm jacket, rain gear, gloves, hat, sweater & cozy socks. Be prepared for 4 seasons

~ footwear: comfortable shoes for outdoors, flip flops (shower), slippers for indoors, warm socks

~ toiletries: shampoo, conditioner, soap, toothbrush, toothpaste etc, sunscreen, bug juice

~ medications you require

~ a journal or notebook if you like to take notes or for journalling

~ water bottle/go-mug/thermos for tea/coffee/hot water

~ sunglasses, reading glasses

~ own favourite pillow (they have pillows, but you may want your own)

~ lawn chair (weather permitting, we can have an outdoor fire) not necessary

~ anything else that may make your weekend enjoyable

~ I will be providing the wine for Friday evening, but if you would like wine with dinner on Saturday please BYOW

~ for beverages there will be coffee, tea, tisane (herbal tea) & sparkling water

~ we will do our very best to accommodate everyone's dietary needs, but if there is something that you love and can't be without for the weekend, please be sure to bring it

\*please be sure that your yoga mat is not slippery