

What to Bring on your Gentle Somatic Yoga® Retreat

Pack light... One bag would be preferable so you won't have to lug something heavy around (make sure you have sturdy wheels and handle on your luggage). You will most likely be taking taxis, vans, or busses. Make it easy for yourself. Also, we could be travelling to remote locations where you may not have electricity or internet. On our retreats we like to encourage participants to "unplug" from modern technology so they can return home feeling refreshed and rejuvenated.

- Flashlight or headlamp for walking at night and extra batteries
- Book light for evening reading and extra batteries
- Battery operated alarm clock
- Bathing suit and sunscreen
- Organic or biodegradable toiletries: Insect repellent, shampoo, toothpaste, etc...
- Hat or visor, and sunglasses
- Light jacket or sweater for early mornings and late evenings
- Small day pack, backpack, or tote bag
- Clean shoes, slippers, or flip flops you can wear around the retreat center
- Sturdy walking shoes. Be prepared for unpaved and potentially slippery trails.
- Plastic water bottle for refilling as desired. We suggest a "Nalgene" (safe plastic) water bottle
- Credit card for onsite purchases, excursions, and in town activities
- Cash for tips: bodywork at the spa, bartenders, taxi drivers, and service staff at the end of the retreat
- Journal and pen

We recommend that you refrain from bringing with you any unnecessary personal items including, but not limited to, expensive jewelry, laptops, other expensive electronic devices, binoculars, or things that you are not able to carry in a small bag or backpack.

Most retreat centers will not be responsible for the replacement of any items damaged, lost or stolen.

We make every effort to make your stay a safe and enjoyable one. However, please keep in mind that appropriate precautions are necessary to keep safe and healthy. If you experience any problems or have any suggestions please let us know as soon as possible.

Have a wonderful journey and we look forward to sharing this adventure with you!

Namaste'
Gentle Somatic Yoga Team

