

# WHAT SHOULD I BRING? - 2017 Retreat on the Maine Coast

(The following is a suggested list.)

**\*\* Please label your props!**

1. Yoga Mat
2. Yoga Blocks (optional, but 2 if possible)
3. Yoga Strap (optional)
4. 2-3 Blankets
5. Cushion, Pillow **or** Yoga Bolster - (yoga bolster is preferred)
6. Towel for yoga on the beach (Saturday afternoon session)
7. Earplugs
8. Sweater and/or warm jacket
9. Wind resistant/Warm clothing for the beach
10. Gloves and Scarf
11. Eyepillow (optional)
12. Bathrobe
13. Personal Toiletries (common/shared bathrooms)
14. Tissues
15. Comfortable clothing for Hatha yoga classes
16. A journal or small notebook and pen.
17. Coffee and tea are provided, however, only styrofoam cups are available, so feel free to bring your own mug/ travel mug.
18. Refrigerator is available for snacks. Please feel free to bring snacks or food to share.
19. Anything else you would want for a weekend away at a restful place.
20. Personal medications

NOTES:

**Bath towels, sheets, blankets and pillows are provided by the retreat center.**

**\*\*Please refrain from wearing fragrances during your stay as many people are sensitive to them.**

A small elevator is available to bring your luggage up to the 3<sup>rd</sup> and 4<sup>th</sup> floors where the accommodations are.