

**What should I bring with me to the retreat?**

Please bring an open heart and an open mind. Also bring the following earthly items:

- Yoga mat (we will NOT have extra yoga mats available, please bring your own)
- Fillable water bottle
- Journal and pen/pencil
- Pair of socks (for your comfort)
- Dress comfortably! Dress in layers! Wear comfy shoes!
- Umbrella (if its raining, you will need this for one of our outdoor activities)
- Bring anything else that might make you more engaged and comfortable

If you are staying the night:

- Sheets, blankets and pillows for your bunk. All bunks are twin size.

What should I NOT bring?

Please don't bring anything of great value. SHINE is not responsible for any stolen or lost personal items. Each attendee will be assigned a small cubby to put their belongings in