

Packing List for Yoga Chapel Retreat April 30-May 2, 2021

- We recommend you pack comfortable clothing that is appropriate for the weather and for you to move and stretch in throughout your day. We've found the best clothes for Yoga are those that allow you to be free from distraction- such as yoga or sweat pants and breathable shirts such as tank tops or fitted t-shirts. For women, we recommend wearing sports bras so that your movement is supported but not constricted. There will never be a time when anything more 'formal' is necessary.
- Depending on the forecast, you might want to bring a light jacket, sweater, or sweatshirt. If you tend to get cold easily in air conditioned spaces, we recommend bringing these same items so you are comfortable.
- Knowing we will be moving and moderately raising our heart rate in close proximity to other guests, we recommend bringing whatever personal hygiene items you normally use such as deodorant, natural body sprays, essential oils, etc. However, we do not recommend packing perfumes as these kinds of scents can sometimes trigger unexpected reactions for other guests.
- Of course, bring your yoga mat. A few will be available if you leave yours behind.
- Bring any Yoga props you already own (blocks, straps, blankets, etc.) If you do not own these items, we will be providing some for our retreat guests. Supplies will be limited.
- For those with longer hair, please consider how you prefer to have your hair secured for practice (or not). We have no preference, we simply want you to be comfortable. If you regularly exercise with your hair pulled away from your face, you'll want to remember to bring those accessories so that your hair is not a distraction for you.
- Bring your whole self to this retreat, along with your Bible and/or other reading material for quiet reflection breaks. If you find journaling to be a helpful tool for processing, then we would recommend you bring a journal with you as well.
- Bedding and towels for your room are provided. If you would like to bring a towel to practice, we ask that you bring your own from home.