



RIVERSIDE RETREAT

Things you will need for the day

- We recommend dressing in layers.** Between the morning shade of the trees and the afternoon sun, your temperature throughout the day may vary. Some suggestions: track/yoga pants, tanks, short and long sleeves, hoodie/sweater, socks, flip-flops or slip-on shoes, and wellies (weather pending). It's recommended you have running shoes for walks in the forest and flip flops for the beach. Swimming is not available.
- Yoga mat + towel.** If you don't have a yoga mat a beach towel, a large bath towel will suffice.
- Water bottle + coffee or tea mug.** To avoid unnecessary waste, there will be a hot/cold beverage station available for refilling. Please bring your own drinking vessels.
- Journal + pen.** You never know when inspiration may appear! You may wish to keep notes of your experience throughout the day.
- Meditation and/or ground blanket.**
- Hat, sunglasses, umbrella and/or raincoat.** This is a rain or shine outdoor event. Please plan and prepare for the elements. Remember to bring your sunscreen and bug repellent.
- An open mind and an open heart**