



## WHAT TO BRING

Good outdoor shoes : hiking boots or wellies  
Warm outerwear & waterproofs  
Indoor slippers or socks  
Toiletries  
Chargers  
Meditation blanket  
(We do have some, but we ask that you do not take ours outside)  
Notebook & Pen

## THINGS WE PROVIDE

Yoga Mats  
Meditation Cushions  
Indoor Blankets  
Chairs  
Flipchart  
Soundsystem with AUX Cable  
Video Projector with Mac & PC leads  
Limited Wi Fi

Towels  
Linens  
Shampoo & Conditioner  
Body Wash  
Hairdryers  
Hangers  
First Aid Kit