

Retreat Packing Suggestions

- **Sacred items** • Please bring at least one item to co-create a shared altar. Bring as many or as few items call to you. **Feel free to also bring:** anything to burn away in a fire; or offerings for the land, ancestors, our circle. Follow your heart. If you aren't sure, bring it!
- **Drums, Rattles, Sound Makers** • If you have something, bring it! If you have extra, consider bringing for other sisters. If you have none, no worries sister... we've got you!
- **Eye cover** • for breathwork. Eye pillows will be provided. Bring one if you prefer your own.
- **Journal & something to write with** • for written reflections/prompts during circle times.
- **Water Bottle** • Stay hydrated w/ spring water that comes through the tap at Wheel of Bliss.
- **Clothing** • Think: cozy, loose, comfortable. Layers to add/remove. Indoor/outdoor options. Perhaps you would like something flowy/Goddessy/Priestessy. Or perhaps you would like to be as comfortable as possible. We have the whole space & land just for our circle (no one else). So you be you! The weather looks to be between mid 50's low & about 80 high (rain possible). **We will be gathering around the fire in the evening, bring enough layers for warmth!**
- **Shoes** • Outdoor time will not be strenuous, but you will need closed toed shoes that can get dirty for walking through the trees/forest (especially if the ground is wet from rain). Easy on/off or a separate pair for such is a bonus. **No shoes** inside of the retreat house.
- Toiletries + Sunscreen & Insect repellent {just in case for time outside}.
- Flashlight or small light to use after lights out.
- Feel free to bring any item to increase comfort while circling on the floor or lying down for breathwork.
- **Bring anything that makes you feel good. This is YOUR space! When in question - bring it!**

Please do **NOT** pack:

- **Expectations or Inhibitions** • we gather to be FREE in all ways (just be YOU).
- **SCENTED items or any items with fragrances** • Please not even 'naturally scented' items with a lasting scent. In shared spaces it is very important to honor our sisters who may be highly sensitive. Please be mindful of the products you are packing. **I will have some essential oils for use on a shared altar.**

If you have any questions at all, ask!

BE SURE TO PACK: AN OPEN HEART, READINESS FOR MAGICAL SHIFTS, & ALL OF WHO YOU ARE!