



Yoga Retreat

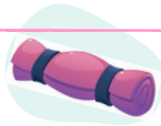
CHECKLIST

Travel



- Passport Valid 6 months after return
- Appropriate Visa or Visa on arrival
- Credit/Debit card activated for destination
- Travel insurance (optional)
- Country language basics
- Suited adaptor

Specifics



- Props are usually provided, check with your host
- Straps if you are used to use one
- Therapy ball or foam roller for tensions
- Notebook & pen to record your journey and journal
- A camera for memories
- Therapy ball or foam roller for tensions
- Your feel good items (crystals, oracles etc.)
- A book
- Books, highlighters etc.. according to the type of retreat you are assisting to

Clothes



- For Yoga practice: leggings or loose/stretchy trousers, a sports bra (for women), a yoga top that won't fall over your head if you go upside-down
- A warm sweater (for after the practice)
- Excursion, dinner outfits
- Bathing suit
- Solid shoes for your adventures!
- Country's customs specific clothes
- Check weather forecast to adapt

Toiletries



- Toiletries (respectful of local infrastructures)
- Your Medications
- Straps if you are used to use one
- Refillable water bottle,
- Earplugs, for shared room ;)

let go & enjoy ...



Notes

