

# WHAT TO BRING TO A PILATES/YOGA RETREAT

## **Yoga Mat & Foam Roller**

We will have a few mats and rollers available, but if you have one at home, bring it along.

## **Overnight Items**

Remember that you are staying the night so bring your pajamas, toothbrush and any other personal toiletries you need during your stay. We will be providing bed linens, bath towels, laundry detergent and toilet tissue. Beach equipment such as towels, chairs, blankets and umbrellas are not available so should that be needed, please bring it along. Also, should you have your favorite pillow or throw; you are welcome to bring that as well.

## **Comfortable Clothes**

Comfortable clothes means something different to everyone. This retreat is a casual environment; so bring the type of clothing you feel most comfortable in. That ranges from yoga or workout clothing, to jeans and tops, and everything in-between. Make sure to bring workout clothes if you intend to participate in the group classes.

## **Layers, Layers, Layers**

Anyone who's been to Michigan knows that evenings and mornings are chilly, and afternoons are warm. During our sessions, we might be indoors or outdoors and we will do our best to regulate the temperature, but sometimes the weather doesn't always cooperate with us. Packing layers ensures you are comfortable regardless of the weather outside and inside.

## **Comfortable Shoes**

The Birds-Nest is located on the grounds of beautiful New Buffalo. If you're someone who is a walker and likes to explore on foot, bring a pair of comfortable walking shoes so that you can enjoy the grounds. We are also about a two-minute walk from the beach of Lake Michigan.

## **Bathing Suit**

If you plan to enjoy the pool or Lake Michigan before, during or after the retreat, you should absolutely pack your bathing suit. The weekend is calling for some scattered showers but there is definitely chance of sunshine while we are there, so you can soak in your vitamin D and all of the amenities the retreat has to offer.

## **Hat, Sunscreen, Sunglasses**

Speaking of the sun, if you're planning to spend some time in the sun, bring anything you may want to have on-hand to protect yourself from overexposure, such as SPF, a hat, and sunglasses.

## **Water Bottle**

We will provide a glass water bottle and purified water to fill it, but if you have a favorite one at home, make sure to bring it along.

## **Your Favorite Journal**

When you arrive at registration, you will receive a bag, journal, pencil, water bottle, and schedule. If you have a special journal or something you often write in, bring it on your retreat so you can add your new experiences and thoughts.

## **A Book**

Books can be great tools for inspiration and to make notes in. If you're looking for a new book to dive into, we are a wealth of information and would love to assist you in your book selection.

## **Healthy Snacks for Travel**

When you're driving a distance to the retreat, remember to stock up on healthy snacks, as it can be tough to find healthy options on the road. Fruit, nuts, granola bars, and trail mix are great options that travel well. Snacks may come in handy if you get hungry between meals during your retreat as well though we will have snack options available through-out the day.

## **An Open Mind**

Even if you forget everything on this list, if you show up with nothing but yourself and an open mind, you'll have truly all you need to receive all of the benefits the retreat.