



SPIRIT RETREAT

‘Blessed Be I, The Awakened One’

THINGS TO BRING

- Very warm clothes including rain coat, hat, gloves
- Walking shoes
- Yoga matt (if you have one, no need if not)
- Meditation cushion, pillow
- Meditation wrap/blanket
- Water bottle
- Notepad & Pen
- Towel
- Single Sheet & Pillow Case (Couples to bring queen size)
- Toiletries (including toothpaste, shampoo and soap etc)

You are also welcome to bring something special of yours whether that is jewelry, feather or crystal.

IMPORTANT

During the Sacred Meditation Retreat the following is prohibited

- No Alcohol
- No Smoking
- No Illegal Drugs
- No phones and computer in the Temple area (phone calls and computers can be used in personal rooms and outside the venue). It is preferable that Internet usage is limited so that you can achieve the best possible outcome for your retreat experience.
- No filming or recording during the Retreat.