

Reminder of things you will need to bring:

Swim suits (1 or 2)

Heavy Robe for spa outdoor pools [ they provide a nice robe but you may want 2, to switch off]

pool sandals (crocs are great) to walk short distance to spa on walk

bag to carry things to spa or class [we will just pop over from our rooms]

Sunglasses, hats (warm and sun), sunscreen--we are high up, closer to the sun

Hiking/ walking shoes or boots for short walk-a-bouts

outer layers for warmth as it is South Park

Blanket or big shawl to wrap in as desired during class session to be cozy

**items for the central altar** if desired

Journal, dream journal

pen and paper