

WHAT TO BRING

A spiritual retreat in our beautiful nature's sanctuary will fill your soul and bring rest and renewal to your body, mind and heart. Leave behind the burdens and books and technology and anything that keeps you plugged in to something other than yourself. Bring one arm full of comfort items and one arm empty for flinging to the sky! Bring your authenticity, which is no easy thing to pack. Slam the door, grab the drum, lift the skirt or pant leg, kiss the babies, Come Running! Limping and leaping; laughing or crying, Come Running! To us, You are loved and irreplaceable!

In addition, to your personal items for comfort and inspiration, we invite you to consider:

- ◆ Nourishing foods - vegetarian or vegan or raw
- ◆ Camera
- ◆ Flash light and other camping gear
- ◆ Towels and toiletrie
- ◆ Outdoor mats/chairs/blankets
- ◆ Dinnerware for picnics
- ◆ Natural insect repellent
- ◆ Gardening gloves
- ◆ Appropriate clothing for the season
- ◆ Journaling supplies/art supplies
- ◆ Clothes and shoes for creeks and hills
- ◆ Water bottle
- ◆ Hand sanitizer, lip balm, sun glasses
- ◆ Drums and music makers
- ◆ Yoga mat, sitting pad
- ◆ Massage oils/essences
- ◆ Candles and/or altar icons
- ◆ Donation and love note
- ◆ Open soul, open mind, honest heart

For Group Retreats, including Blue Moon, Wimyns', Maidens', Red Earth, Braves and Community, consider everything above plus the following:

- ◆ Sleeping bag/bedding/hammock - way to build your nest
- ◆ Tent/tipi
- ◆ Twine for smudge sticks or talking sticks
- ◆ Colorful floss for hair wraps, garland
- ◆ Bones, stones, feathers, beads, yarn, ribbons
- ◆ Gardening tools and plants for the many sacred gardens
- ◆ Dreams, stories, songs
- ◆ Laughter, humor, ponderings, questions
- ◆ More. Good. Stuff!

For inquiries, further information or to make a reservation, write sister@sistermorningstar.com

