

# UPSTATE NY PACKING LIST

Theme | Cozy

## What to bring

- Yoga clothes for practice (there are 4)
  - Thursday evening (gentle)
  - Friday-Sunday (Vinyasa based)
- Comfortable lounge wear the rest of the time
- Slippers/Robes if that's your fancy
- Your coziest socks
- Your favorite sweater
- A jacket for when we have night time fire pits
- Gloves
- Bathing suit if you wish to use the outdoor sauna
- Hiking boots and hiking attire
- Water bottle (there is fresh spring water that runs through the house)
- Toiletries (the estate will have shampoo/conditioner and body wash)
- A book to read
- Games/Tarot/Crystals/Crafts (Anything you'd like!)
- Anything else that helps you feel supported and grounded while you're away

## **Please note:**

**The yoga studio has yoga blocks, bolsters & mats**

## Suggestion:

Bring layers! The temperatures average 30-50 degrees F. We will be practicing in the yoga studio space each morning, and it could be chillier before we get moving.