



## **Residential Karma Yoga Program**

### **"What to Bring" List**

#### **The following are important items to bring:**

- Tent (the Centre has limited tents to loan, please advise if you require one).
- Sleeping pad (again, the Centre has limited foamies to provide on loan, please advise if you require one).
- Sleeping bag and pillow.
- Versatile clothing for indoor work (layers are helpful)
- Sturdy, outdoor work clothing that can hold up in a variety of weather (both cool and hot)
- Clothing for yoga asana or other types of movement
- Work or rain boots
- Steel-toed work boots are strongly recommended for those working in landscaping/maintenance
- Slip-on outdoor shoes (no shoes are allowed in any of the buildings so putting on/removing of shoes is frequent).
- Favourite clothing/shoes for days off
- Rain gear
- Hat
- Swimsuit
- Toiletries
- Sunscreen
- Alarm Clock
- Flashlight or headlamp
- Water bottle
- Prescription medication for your full stay, including EpiPen, if needed.

#### **These items are not essential, but you might enjoy having them:**

- Journal
- Travel mug
- Indoor shoes or slippers
- Personal yoga mat
- Beach towel
- Bike, helmet and lock
- Small backpack for day trips
- Camera
- Laptop / tablet

**Please note:** Extra bedding, towels, hand soap, and laundry soap are provided for your use during your stay at the Centre.

Wireless internet is accessible in many locations at the Centre, so you are welcome to bring a laptop or tablet with you, if you would like. Two desktop computers that are shared among the staff are available for your use during your stay, as well as a printer. Cell phone reception on the Island is quite spotty, especially at the Centre. A landline phone, shared among the residents, will be available to you here with unlimited long distance for calls to Canada and the US.

Please do not bring candles or incense to the Centre, as the fire risk on the island can be high and the use of open flames here is restricted to ceremonies and cooking. We also ask that you please leave scented products, animal companions, and valuables at home.