



Living Discipleship

What to Bring With You

Below is a reminder of some things to bring with you to Living Discipleship.

- Flashlight or headlight – important!
- Water bottle
- Meditation props: cushions, benches, blankets, aum board, mala etc.
- Seat cushion for folding chair as needed....we will be sitting a lot!
- Your own yoga mat, if you have one - you will be using it the entire month
- A pen for writing in the journal you will be given when you arrive
- Uplifting reading material; Master, Swami, Ananda only please, during this deeply focused discipleship time (we also have a small lending library that is open to you)
- Comfortable, casual, modest clothing — dress in layers, as evenings are usually cool even in summertime
- Clothes for kriya ceremony or other special ceremonies (white for most, or renunciate colors if appropriate)
- Sturdy shoes and sandals for our gravel/rocky paths (best to bring shoes and sandals that are easily removable since there are no shoes worn in the cabins and temples)
- Toiletries.
- Sheets, blankets, and towels provided.
- There will be laundry facilities available at the Retreat
- Please do not bring electric hair dryers, curling irons, cooking appliances. Retreat solar system cannot accommodate them.
- Please no candles, incense or open flames of any kind because of fire danger.
- Mosquito repellent
- Sun hat, sun glasses, sunscreen
- Cooling neck wrap or vest in case it gets hot (for those driving- perhaps an extra fan if you tend to run hot - all accommodations do have fans but no AC)
- Shower Shoes

Smart phones:

- We have found it very beneficial and essential to the program to have people “unplug” from the world. To this end we will be asking people to turn in their phones at the start of the program.
- It will be helpful to bring an alarm clock other than your phone.
- We will loan each student an MP3 player preloaded with chants, music, and uplifting talks to be used during the program. The players have very simple ear buds but you may want to bring a pair of your own, or a speaker that connects with a standard 3.5mm jack (players do not have bluetooth). Also a standard USB charger (there will be a charger for the players available at a central location)

If COVID is still of concern (we will let you know)

- COVID Rapid Antigen test to take upon arrival. Alternately, you may take it before starting your trip here, and email us the results
- A small supply of masks –you might consider masking the first few days until we are sure that everyone is well after travelling here