



Preparing for a Spiritual Encounter

Your time spent at the RYK Retreat Center in North Carolina will be one of tremendous potential. As a group and individuals, we will dig deep into our practice, encountering our core selves and connecting with the divine.

WHAT TO BRING

- Comfortable Clothes and Layers.** *Although we expect warm days, evenings and mornings could be cool, so pack layers. A light rain jacket might come in handy. Remember to bring something to cover your head and shoulders for meditation. Consider bringing along a sheepskin and/or a lightweight blanket for relaxation.*
- Sleeping Bag.** *Bring a sleeping bag and/or a blanket if you want to sleep in an on-site tent.*
- A Journal.** *This experience may be transformational, and you might be surprised at what feelings and emotions come up during your visit. Journaling allows us to dig deeper within, giving us space to express what may otherwise be difficult to vocalize. Looking back at your retreat journal can also be a beautiful reminder of how much you have grown.*
- A Water Bottle.** *Staying hydrated is key as the processes and activities involved can be thirsty work! We will be drinking nature's gift of clean, fresh well water. We will also provide Organic Yogi Tea.*
- Mala beads.** *Yogi`s tool for chanting and meditation.*
- Flip-Flops/Slides.** *As you will be practicing barefoot, it's helpful to pack some shoes that you can easily slip on and off as you practice and each time you enter the main house.*
- Hiking/Walking Shoes.** *You'll want to ensure you have a good pair of hiking or walking shoes for encounters with the natural world surrounding the center.*
- Sunscreen.** *Since we will spend a lot of time outdoors, you should pack some natural sunscreen.*
- Snacks** *We will offer an organic ayurvedic mono diet designed for detox and cleansing. Bring nuts, energy bars, or other food or snack items **only** if you need them.*
- Personal Items**
 - Medications
 - Hair Dryer
 - Feminine products

We will provide **cotton yoga mats and meditation cushions.**

RYK Yoga and Meditation Center

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