**What to bring to your Full Circle Retreat**

1. **Open Mind**

A retreat is all about mind, body, and spirit. You can expect personal growth and reflection if you focus your attention there. Transformation is an inside job, and you must put the work in to get the desired results. This space and its hosts are simply vessels to help guide you on your journey. Pack an open mind and you just may surprise yourself!

1. **Comfortable Clothes**

This is not a time for fancy outfits, it’s a time for feeling comfortable on the outside so you can focus on growing on the inside. With that, think of a pair of yoga pants, loungewear, t-shirts, and a cozy sweatshirt to keep you warm.

1. **Comfortable Shoes**

Leave those high heels at home and instead bring your favorite flip flops, hiking boots or walking shoes. There are hiking trails adjacent to the property along with a neighborhood filled with horses, cows, donkeys, chickens, and deer.

1. **Bathing Suit**

We have both a large pool and a heated spa for you to relax and unwind. They are open 24 hours a day so depending on your schedule and preferences, you will have ample time to take advantage of these aquatic amenities.

1. **Yoga Mat**

Retreats are the perfect opportunity to get in touch with your body and Yoga is a great tool for that connection. We do have extras if you need to borrow one.

1. **Book**

Take this opportunity to turn off your phone, (the service is spotty at best anyway) and dig into a good book. There are plenty of comfy spaces inside and out to soak in your favorite read or perhaps peruse our library to sample something different.

1. **Journal & Pen**

Retreats are the perfect opportunity for reflection, and having a guided journal is a great way to go. The Untethered Soul and Get Untamed are great starting points that you can utilize on your journey.

1. **Day Pack or tote**

You will want a way to carry your journal and pens, your book, and/or possibly a planner around so having a daypack or tote bag is essential.