

YIN & YANG YOGA RETREAT

LED BY AARON GOODMAN & TESSA TOVAR
XINALANI MEXICO | 16-23 MARCH 2019

SUGGESTED PACKING LIST

PASSPORT	
FLASHLIGHT/HEADLAMP – DIM LIGHTS ON PATH!	
BATHROOM PRODUCTS	
SUNTAN LOTION / SUNSCREEN	
NO NEED TO BRING: SHAMPOO, CONDITIONER, SOAP (XINALANI PROVIDES BIODEGRADABLE PRODUCTS)	
NO NEED TO BRING HAIR DRYER (ELECTRICAL CIRCUITRIES AT RETREAT WILL NOT SUPPORT)	
CASH AND CREDIT CARD	
SWIMSUIT	
LAYERED CLOTHING	
SUN HAT	
BEACH TOWELS PROVIDED	
YOGA MAT (COMMUNITY MATS AVAILABLE FOR USE)	
YOGA ATTIRE	
SUNGLASSES	
WATER BOTTLE	
MOSQUITO REPELLANT	
STURDY SHOES (IF PLANNING ON HIKING)	
CASUAL RETREAT WEAR, JACKETS/PANTS (NIGHTS GET CHILLY)	
SLIP ON SHOES, FLIP FLOPS, SANDALS, SLIPPERS	
DAYPACK	
JOURNAL/READING MATERIAL	
CAMERA	
TRAVEL CLOCK	
EAR PLUGS FOR LIGHT SLEEPERS	
NOTE: LAUNDRY SERVICE IS AVAILABLE AT THE RETREAT CENTER FOR EXTRA FEE	

For further retreat details go to: www.tessatovar.com

Brought to you by Tessa Tovar & Aaron Goodman