

Packing Tips for the Shabach Yoga Saged + Saved™ Sisters Only Healing Retreat

The best thing about the retreat is that the attire for the week is totally laid back. As you prepare to pack, think of clothes that are comfortable and casual.

Suggested Packing List:

- 1 yoga outfit (tanks, leggings, shorts, harem pants) per day. Plan on taking at least one yoga class per day for 6 days. (The retreat center has laundry services, so no need to overpack. The photo of me is pretty much what I wear every day, during the retreat, when I'm not on an excursion, and I seldom change clothes during the day).
- 1 evening outfit for our dinner on the beach (think sundress, maxi dress, casual chic)
- Excursion outfits (Review the list of excursions to determine clothing for the activity)
- A pashmina, scarf or shawl (for evenings)
- Lightweight rain jacket (ideally one that folds up and can be tucked into a backpack)
- Swimsuits (there is a pool onsite and many of the excursions involve water, towels are provided by the retreat center)
- Cover up/Sarong
- Backpack for excursions
- Sandals for walking around the retreat center and in town
- Hiking shoes, sneakers, or shoes you can walk in well for a few hours at least for excursions and/or bike rides
- Pool shoes
- Sleepwear
- Sunglasses/hat
- Insect repellent (leave your perfume and sweetly scented toiletries at home)
- Travel yoga mat (The retreat center has mats, but there's something magical about using your own mat)
- Reusable water bottle
- Toiletries (sunscreen, moisturizer, SPF lip balm, toothbrush and paste)
- Journal, crystals, essential oils
- Passport, credit/debit card, phone (and charger with adaptor)
- Credit cards and some cash
- Outfit for the trip back to reality

