

What to bring with you for the workshop in Ferreiros

A thick yoga mat (or two thin ones)

A few paperback books or thin yoga blocks (to put under your head)

Comfortable clothes and warm socks so that we can work without shoes

A blanket to keep you warm when we lie down outside

A notebook and pen to write down your experiences

A reusable water bottle

Sun cream and a hat

A good torch (an LED head torch is best)

Comfortable footwear (for relaxing in, walking etc.)

Books, games, paints etc. to relax with

A broad smile and a wish to be surprised !