

WHAT TO BRING

Yoga or camping mat for lying down

3 or 4 small paperback books to put under your head

Comfortable clothes and warm socks so you can work barefoot

A blanket to keep you warm when we lie outside

A notebook and pen to write down your experiences

Sun cream and a hat

Comfortable shoes for walking

A good dose of curiosity and a wish to be surprised!

If you have any other questions don't hesitate to let us know

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