Retreat Preparation & Integration

Considerations Before & After

* As best you can – please consider slowing down before you arrive at the retreat
* You might think about reducing TV/social media/screens of any type if possible before the retreat
* If you are a heavy drinker or use drugs (including tobacco and cannabis), you may like to reduce intake in preparation for the retreat
* If you have a high caffeine, processed foods and/or sugar intake – consider cutting back a little prior to the retreat – less of a shock to the system when it relies on it (and yes – there will be coffee and black tea on retreat!!)

We will be enjoying amazing, nutritional, nourishing and delicious vegetarian food at the retreat – please let us know if you have any allergies, intolerances or you simply just don’t like specific foods – our caterer Angie is awesome and we will do our best to support you with your diet.

IMPORTANT!

* If you can – try to reduce your commitments (work, family etc.) for a couple days after the retreat to help you integrate – take a day or two off work, get out of that social commitment you weren’t sure about anyway, let your family know that you are going to have you’re a bit of space when you return to your world
* You may really appreciate some quiet time after the retreat to support a more easeful integration into the world (trust us – it’s a thing! Try not ‘hit-the-ground-running’ when you come out of retreat – a lot can happen in three days)

Things to bring

* Yoga mat (If you own a bolster + yoga blocks and can bring them – please do – we will supply some)
* Cushion or other support for sitting on the floor (there are chairs if you require)
* Hand towel (for practicing)
* Swimmers and a sarong (especially for our Spa Session!)
* Yoga gear to practice in
* Comfortable clothing to sit and move in – consider clothing that you enjoy wearing (beautiful colours and fabrics etc.)
* Walking shoes
* Snuggly socks (just because)
* Thongs / slip on shoes for around the retreat space
* Toiletries, insect repellent (for the comfort of others – please consider natural repellent, deodorant etc. – we will also have natural repellent in the first aid kit if you need)
* Water bottle
* Journal and pen
* A shawl / layers
* Raincoat
* A jade egg (also known as a yoni egg if you own one – we will have some to purchase if you would like to)
* Any medications you require

Optional Things to Bring

* Something personal / meaningful for the alter if you would like – a crystal, feather etc.
* If you do have a light blanket for Savasana, evening sessions etc. bring this – we will also have some available
* Instruments
* Goddess etc. cards
* Essential oils and blends, natural sprays – for example Pureheart Mysts

Please don’t bring

* Illicit drugs, alcohol etc. – this is a sacred space we create and share together

Getting to Gymea

* We expect everyone to arrive at Gymea between **3.30-4.30pm on Friday 15 March 2019**.
* Please organise your travel to ensure you get there before 4.30pm. Nice to arrive unhurried & unfrazzled!
* We anticipate being fully ready to leave Gymea by **1pm on Monday 18 May** for 3pm flights. It’s a 45 minute drive to the Gold Coast airport (OOL).
* For those driving the address for Gymea is 128 Bonnydoon Rd, Uki NSW 2484.
* Directions: www.gymearetreat.com.au/directions/