

# Welcome to Your Holistic Wellness Retreat!

Dear Attendee,

We are excited to have you join us for a transformative experience. To ensure you make the most of your time with us, please find below a recommended packing list:

## Packing List

- **Clothing:**
  - Comfortable yoga attire
  - Lightweight breathable clothing
  - Warm layers for cooler evenings
  - Swimwear (if applicable)
  - Comfortable footwear for activities
- **Wellness Items:**
  - Yoga mat
  - Reusable water bottle
  - Essential oils (if desired)
  - Notebook and pen for journaling
- **Personal Items:**
  - Toiletries (biodegradable preferred)
  - Sunscreen and insect repellent
  - Prescription medications (if applicable)
- **Miscellaneous:**
  - Comfort items (like a favorite blanket or pillow)
  - Books or materials for leisure time
  - Camera for capturing moments

Remember to pack light and focus on what will nourish your body and spirit during this retreat. We can't wait to see you!

Warm regards,  
The Retreat Team