



**TOUCH THE EARTH NATURE RETREAT:
RELEASE STRESS & ENERGISE YOUR BODY, MIND & SPIRIT
WITH PAUL CAVEL**

EQUIPMENT LIST

Required

- Tent and ground sheet
- Sleeping bag, pillow and insulating mat
- Water bottle (an empty ½ litre water bottle is fine)
- Change of clothing (re: cold, warm and possibly wet weather); please bring outdoor clothes as they may get dirty
- Warm outer gear and rain gear, including waterproof foot wear (wool socks will stay warm when wet)
- Light footwear for training
- Sunscreen and shades
- Washing kit and towel (biodegradable soap only, please)
- Torch and extra batteries
- Outdoor seat cushion or sheepskin (benches provided).

Possibles

- Eating utensils are provided (knife, fork, spoon, plate, cup and bowl); if you wish to bring your own, please ensure they are clearly marked
- Notebook, pens and camera
- Crocs or flip flops and swimsuit for shower, if desired (outside)
- Musical instrument, favourite snack food, fireside stories and songs.

Send an email to chi@relaxationmeditation.co.uk if you have any questions!