



List of things to prepare / bring:

- 1) Enough clothes for the number of days you will stay:
 - a) For general practice sessions, white or light colors is recommended. For WHITE TANTRIC YOGA on November 29th, please wear white only.
 - b) Clothing of cotton or other natural fibers is recommended.
 - c) Comfortable clothing in modest styling is appreciated. Low cut or transparent clothing is not advised. Please dress appropriately.
 - d) A head covering (scarf, veil, cap) is recommended for sadhana/meditation. For WHITE TANTRIC YOGA on November 29th, please wear white only.
- 2) A sweater, or shawl to keep you warm during Sadhana (practice at 4:00 in the morning).
- 3) Your own yoga mat and/or a thick-heavy cloth to lay on top of this. In addition, you may want to bring a thinner cloth to serve as cover as well. It is not advisable to practice kundalini yoga on thin mats.
- 4) A small cushion to sit on for meditation (the Thai-style cushion is good.). Ideally, the hips should be horizontally level with the knees while sitting in meditation. Unless you are specially flexible or have naturally open hips, it is advised to sit on a cushion. This also brings the curvature of the spine back to its natural position.
- 5) Comfortable silent slippers or flip-flops that are easy to remove (no shoes allowed in practice areas).
- 6) An empty water bottle to carry water to sip during practice. Water from a cooler will be provided in the practice room.
- 7) A small bag to carry things such as room keys, handouts, other personal effects between the bedroom and practice room.
- 8) Toiletries (soap, shampoo, toothpaste, brush, comb, skin lotion, sun block/screen, etc.) as needed.
- 9) Pens, pencils, notebooks, flashlights, national art/craft gifts to swap with new friends at the Festival.
- 10) Personal medication and insect repellent (preferably the herbal kind, such as *Citronella* or lemon grass oil. Please apply them before coming into the practice hall).
- 11) Pack your swimsuit - participants have access to a swimming pool.
- 12) Please refrain from using any strong perfumes or scents that may disturb or distract other participants.

For international participants:

- 13) Exchange foreign currencies as needed, before arrival at Baan Phu Waan. This can be done at the airport. Sales in the Event Bazaar will typically be done in local currency - Thai Baht.
- 14) Before your departure, please download the map on the website, with address and instructions of how to get to Baan Phu Waan. Not all taxis will know the details.