



Retreat Checklist for August 4th to 6th 2017.

Pepper Tree Retreat ::: 1130 McAndrew Road Ojai, CA 93023

From LA, take the 101 North then take Highway 33 into Ojai (about 15 miles).
At the intersection with Highway 150, travel east on Highway 150 toward Santa Paula.
Turn left on Reeves Rd. (at Boccali's Restaurant), then left on McAndrew.

Directions

Check-in is 4pm Friday 4th and dinner is at 6pm.

Check out is 12noon Sunday 6th

Journal & Pen

Sun hat, sunglasses, sunblock and flashlight

Hiking shoes/comfortable shoes

Workout clothing for yoga and hike

Yoga mat and props

Swimsuit - pool available at Ojai Valley Athletic Club 409 Fox St, Ojai, 93023 just 4 miles from Pepper Tree. \$20 Day pass if you want to use their pool during free time on Saturday.

Large bath towel for one of the workshops

Chair jacks provided but if you prefer a meditation pillow, bring one

Appropriate clothing for warmer temperatures during the day and a light jacket/scarf for possibly cooler temperatures at night

Something to wear in red, golds, black midnight blue or purples that makes you feel empowered for our group photo on Saturday evening.

Altar offering that represents the goddesses.

Kali, a Hindu Goddess whose name means 'time', is the genetrix of natural forces that either build or destroy. **Themes:** rebirth, cycles, joy, courage, hope, cleansing and change. **Symbols:** red hibiscus, blue lotus, dance, iron, swords, peacock feathers and honey.

Sekhmet was the patron goddess of all healers and physicians. She is one of the oldest deities and one of the most powerful. **Themes:** sun, war, destruction, plagues and healing. **Symbols:** sun disc, ankh, lion.

If you feel called to bring a symbol, bring it and we'll delve into its significance. You don't have to bring a literal symbol; you could bring a photo of one.

