



## **What to bring to the Shamanic Workshop Retreat and Fire Circle**

Wear or carry a watch please

Checkbook or cash if you want to sign up for any slots that still might be still available for a healing session with Lily or Rob.

Blanket or sleeping bag cushion/pillow for laying on the ground and 'power napping' and for shamanic journey. There are picnic tables and a few great rocking chairs in the pavilion.

Flashlight

Journal & pen or any reading material for the silent retreat portion of the day.

Bandana

Pictures of your Ancestors/loved ones that have passed on.

Drum or rattle if you have one, if not there will be extras

**PLEASE NOTE:** Cell phone reception is very poor at The Clearing. We will have someone at the entrance to the road leading into the Clearing in the morning and in the evening for the fire ceremony to direct you in.