

Welcome



A Yoga Retreat for Couples & Close Pairs

G25020204

with Lara Harsh

February 14-17, 2025

Couples & Close Pairs Retreat Packing & Supplies List

- Cozy Yoga Clothes you can move in - with layers for various temperatures (February can be unpredictable in Northern NM!!)
- Hiking Clothes & Sturdy Hiking Shoes or Sneakers (if you plan to hike)
- Warm Coat, Hat, Gloves, and extra Socks!
- A Journal or Notebook, and Pen or Pencil
- A Sun Hat, Sunglasses, and Sunscreen
- A Yoga Mat if you have one that's easy to travel with (ghost ranch has ones you can borrow if not)
- A Reusable Water Bottle and Tea/Coffee Thermos
- Personal snacks for in-between meal times.
- Anything you'd like to make you extra cozy for sound baths and nidra, which is like a lying down meditation (eye masks, favorite blankets, tiny pillows, etc.)
- A Bathing Suit, in case you decide to visit one of New Mexico's famous hot springs on your way to or from Ghost Ranch.
- Anything you need for extra activities you plan to sign up for (do you have pants or boots that are especially good for horseback riding, for example?)
- Art Supplies (if you plan to use some of your free time to channel your inner Georgia O'Keefe!)
- An Attitude of Adventure
- Your Retreat Partner!