

PACKING LIST FOR A mindfulness conference



✓ COMFORTABLE CLOTHING

Pack comfortable clothing that will allow you to sit, stand, and move easily. Breathable fabrics, like cotton and linen, are ideal.

✓ BRING LAYERS

Bring layers in case the conference room temperature fluctuates or the weather changes.

✓ SWIMWEAR

If the retreat includes a pool or beach, bring swimwear.

✓ COMFORTABLE SHOES

Choose comfortable shoes that you can walk in for extended periods of time.

✓ MINDFULNESS PROPS

Consider bringing props to support your mindfulness practice, such as a meditation cushion or yoga mat.

✓ JOURNAL OR NOTEBOOK

Bring a notebook or journal and pen for taking notes during sessions.

✓ WATER BOTTLE

Bring a refillable water bottle to stay hydrated throughout the day.

✓ PERSONAL CARE ITEMS

Bring personal care items, such as tissues, hand sanitizer, lip balm, and lotion.

ABOUT LABOUTIQUE TRAVEL

Welcome to LaBoutique Travel and the WiseTraveler Blog, a conscious resource for new journeys of wise travelers, who are new at exploring the world, while committed to expanding their conscious awareness.

Our goal is to offer a range of resources to make conscious journeys as smooth and enjoyable as possible. Therefore, we actively tailor our destination reviews and research for travelers, who seek places that will support them to grow personally and spiritually. We understand that traveling can significantly benefit deep change and transformation in adults at all stages of life.

CONNECT WITH US FOR MORE TRAVEL RESOURCES

 LABOUTIQUETRAVEL.COM

 FACEBOOK.COM/LABOUTIQUETRAVEL

 LABOUTIQUETRAVELER@GMAIL.COM

 490 LAKE PARK AVE #10696
OAKLAND, CA 94610 • USA

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A SMALL BAG OR BACKPACK

Bring a small bag or backpack to carry your belongings throughout the day.



PERSONAL MEDICATIONS

Bring any necessary medication and make sure to have it easily accessible.



SNACKS

Pack healthy snacks to keep your energy levels up throughout the day. Nuts, fruit, and energy bars are great options.



READING MATERIAL

Bring a book or other reading material for relaxation or inspiration during downtime and travel.



CHECK RETREAT SPECIFICS

Remember to check the conference website or materials for any specific recommendations or requirements. Additionally, you may want to consider leaving any distracting or unnecessary items, such as your phone or laptop, in your hotel room or at home to fully immerse yourself in the conference experience.

WHY ENGAGE IN A CONSCIOUS JOURNEY?

An important aspect to consider when engaging in a conscious journey through travel is having an open mind and willingness to embrace new experiences. This can involve stepping out of our comfort zones, trying new things, and being open to learning from the people and cultures we encounter.

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