



What to Bring:

We will start with easy yoga and meditation exercises at the beach. Wear something you can move in. The beach can actually be chilly so please have warm, loose fitting items with you or on you as well. You need to be completely comfy to be able to focus on the beach time exercises, so make sure you are not hungry, thirsty, too hot, too cold or too tired. Do what is necessary to ensure this.

- Sunscreen, sunglasses and a hat (if you like).
- Whatever you would like to wear while around the horses. i.e. Jeans, boots, t-shirts etc... always have a light jacket on hand for the barns. It can be 15degrees cooler in the stalls.
- You **MUST** wear closed toe shoes. Barn boots are not mandatory. Athletic shoes are fine too. No sandals, no clogs, no flip flops, no high heels.
- Any extra food that you are fond of you, are welcome to bring. Snacks and water will be provided as well. Eating and drinking non-alcoholic beverages is allowed at anytime.
- You will be receiving a 1 ½ hr massage the first afternoon just prior to dismissal. You will need to wear your comfy yoga clothes for that. It will be given either on the beach or on a mat on the floor.
- We will provide notebook, paper and pens etc. for class.

Really you just need to show up with your heart. Prepare to be loved and moved by the horses!

Please text, call or email any additional questions or concerns you may have.

Blessings! See you soon,

Jane Wesson and the EquinePacifica Crew

909-261-0961