



# White Tantric Yoga Helpful Information

**Please Arrive to begin the course at 8:30 am**

**Registration & Check-in opens at 7:30.**

**Pre-registered attendees will have a simpler check-in**

## ***What to bring to Tantric:***

### **For Sitting:**

Please wear comfortable white clothing.

Mat or sheepskin/ sheepskin alternative, sitting pillow, shawl, and anything needed for a full day of meditative sitting.

Chairs are available and the course maybe completed in a chair.

### **For your Sustenance:**

Please bring a water bottle,

You will be provided with a lunch of vegan mung beans and rice (Kitchari), optional organic yogurt, pita bread (GF available if necessary), organic mixed salad with dressing. Snacks will consists of fruits, veggie trays and Yogi Tea (vegan and dairy both available).

If you need other snacks you may bring them with you.

### **For your Experience:**

-a white head covering (see guidelines),

-please print and bring your mantra sheet if possible. (Printed sheets will be available onsite if you do not have a printer).

## ***What Not to Bring to Tantric:***

-No perfumes, cologne, essential oils:

please respect the sensitivity and allergies of those around you.

-No tobacco, meat, fish, eggs, alcohol or recreational drugs at the event

-Avoid large quantities of belongings

-Keep all valuables with you at all times

*"The Beauty of White Tantric Yoga® is that it is subtle, it is exalting and it works to give you the mastery of life."*

*~ Yogi Bhajan*

