



# THE EXPANDING LIGHT

Ananda's Spiritual Retreat for Yoga, Meditation & Health

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## Karma Yoga Program - "What to Bring List".

Dear Friend,

Congratulations on your acceptance to the Karma Yoga Program!

We look forward to your visit with us.

Please let us know if you have any questions.

- Available to you is a lounge with a small library, computers for e-mailing, and Wi-Fi in Seva House, our Karma Yoga housing.
- There are 2 washers and dryers. The washers are \$1.25 per load and dryers are free. Change is available at the Reception Desk. Natural laundry soap is provided.
- Yoga mats, straps, blankets, meditation benches, meditation pillows and chairs are available for your use.
- We have a refrigerator for our karma yogis to keep personal items such as vitamins etc.
- There is a small market in Ananda Village, (a 10-minute walk), that has a deli, food, and personal items.
- Cell phone reception is almost non-existent here at The Expanding Light. However, reception is excellent up on the ridge, a short walk from the Retreat center.
- The rooms in our Karma Yoga Program are heated but are not air-conditioned.
- The men's and women's shower houses are 40 feet away from Seva House.
- Pillows, blankets and all bed linens are provided. If you are driving to the Retreat you are welcome to bring your own bedding.

Here are some suggestions to make your stay more comfortable and enjoyable:

### Personal Meditation Gear

Mala (Prayer Beads)  
Meditation pillow  
Earplugs  
Shawl

### Standard Clothing

- Comfortable sweats (for yoga, meditation etc.)
- Work clothes.
- Closed toe shoes with gripping soles for service shifts.
- Slip on/off shoes, slippers, sandals.
- Jacket and/or sweater.
- Pajamas, robe.
- **Please note that since we are a spiritual retreat, we ask that you dress modestly.**

### Seasonal Items

- Bathing suit, sun hat, sunscreen, sunglasses.
- Rainwear.
- Umbrella
- Winter coat or jacket, gloves

### Mail

Please ask a family member or friend to send your mail to you during your visit with us.

Do not make a change of address to the Expanding Light through the Post Office.

**Your name**  
**Expanding Light**  
**14618 Tyler Foote Rd #82**  
**Nevada City, CA 95959**

### Personal Items

- **Medical Insurance Card**
- Journal or Notebook.
- MP3 Player with headphones (so as not to disturb others).
- Batteries.
- Flashlight.
- Water bottle.
- Toiletries, towel and laundry bag.
- Cell phone with charger.
- Alarm clock (battery operated).
- Spending Money
- Back-up prescription eye glasses
- Prescription Meds etc.
- Camera
- Hair Dryer

### Attire when doing Seva in the Karma Yoga Program:

*Modesty is the guideline.*

**Men:** T- shirts with sleeves only  
(No tank tops)  
Shorts OK  
Closed toe shoes

**Women:** T-shirts with sleeves only  
All shirts must cover the waist  
No string straps, tank or halter tops  
Shorts OK  
Closed toe shoes