



The Karma Yoga Ashram Program

At The Expanding Light Retreat

What to Bring List

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

Personal Items

- Medical Insurance Card
- Flashlight
- Water bottle
- Personal toiletries
- Prescription meds
- Back-up prescription eye glasses
- Hair dryer
- Electronic device chargers

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

Seasonal Items

- Bathing suit, hat, sunscreen, sunglasses
- Raingear
- Umbrella
- Winter coat, gloves
- Outdoor chair

Personal Meditation Gear

- Mala (Prayer Beads)
- Meditation pillow
- Earplugs
- Shawl

Attire when doing your service shift:

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

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Other Helpful Information

- Wi-Fi is available in Seva House, our Karma Yoga housing.
- There are 2 washers and dryers you may use in Serenity House free of charge. Laundry detergent 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, snacks, etc. Please label and date your food items.
- Master's Market in "downtown" Ananda Village, (a 10-minute walk), has food, and personal items.
- Cell phone reception is almost non-existent here at The Expanding Light Retreat. However, cellphone reception is only a short walk away on "Sunset Ridge".
- The rooms in Seva House are heated but are not air-conditioned.
- The men's and women's shower houses are 40 feet away from Seva House.
- Pillows, blankets, bath towels, and all bed linens are provided. If you are driving to the Retreat, you are welcome to bring your own bedding.
- Rooms are shared with bunk beds.

Need to Receive Mail?

(Your Name)
The Expanding Light Retreat
14618 Tyler Foote Rd # 82
Nevada City, CA 95959

Please DO NOT make a change of address to the Expanding Light Retreat through the Post Office.