

## THINGS TO BRING

- You will want a journal and possibly some colored pencils for note taking.
- Do bring shoes suitable for outdoor movement – no clogs or Crocs, please! Slip-on sandals are also a challenge for movement work.
- Summer days may be quite warm – or they may be cool. This is typical New England unpredictable weather! We suggest that you bring clothing for comfort in both hot and cool days.
- Lunch is provided each day. We invite you to bring a morning snack, as it is not provided and it is our experience that the day's activities create a good appetite by mid-morning for many participants. Tea and coffee are provided at both morning and afternoon teatime. A snack is provided during the afternoon tea.

We ask that cell phones be turned off upon entering all course locations, and that you not use other wireless network devices within the course environments. We are striving in the face of our highly technological culture to create a special social and work environment for you, protected from external intrusions.

In case of an emergency, messages can be left at our office, 603 357-3755.

Marcy Schepker from Pear Tree Studios will be selling her stuffed animals and blankets from recycled sweaters from June 27- July 9

You may wish to bring a swimming suit and hiking shoes or boots for recreational activities and group outings.