

CEREMONIAL ITEMS AND SUGGESTED CLOTHING

This Maya Tulum packing list covers most of the essential items you will need for the trip. As most of you know, while we may have our own attitudes and preferences concerning wearing a skirt or dress in our every day lives, when working to embody the feminine divine, putting on a skirt has an entirely different meaning. "Putting on the skirt" supports our ceremony as we are always encased in a sacred hoop of divine protection. It also allows for more energy to transmit from the Earth through our bodies. It is recommended that you wear a skirt as much as possible when we are engaged in collective ceremonial work throughout our time in Maya Tulum.. The specifics are outlined below.

~White skirts and tops for our ceremonies (suggested to bring more than one white skirt as there are no laundry facilities on premises); we'll also be working with the color blue, so bringing blue clothing is also encouraged

~Additional "goddess attire" such as beads, jingle belts, skirts, etc., particularly silver jewelry

~Comfortable and lightweight clothes for yoga and movement work.

~Bathing suit or clothing you can get wet in for water ceremonies and play time

~A lightweight dress or sarong for the Temezcal ceremony.

We will discuss this ceremony when we are together in Mexico. This is a very sacred purification ceremony. Similar to other earth honoring traditions, the Temezcal ceremony is not appropriate for women who are on their moontime (menstrual cycle). The bleeding coupled with the energetic shifts that happened for us when we are on our moon is naturally purifying and is better supported by being nurtured rather than challenged.

~Comfortable walking shoes and hat for our off-site excursions.

~A bandana for the trance dance plus a long scarf or shawl to use in dancing ceremonies

~Drums, rattles, singing bowls, bells, what ever you have that is easy to pack. (If you don't have these items but are willing to assist us in bringing some of these items to Mexico please contact Robin.)

~Please bring any medicine pieces that are important to you. As we all know, traveling in general and to other countries in particular has dramatically changed since 9/11. If you do choose to bring ceremonial items such as crystals, medicine bundles, floral water, sage or incense it is recommended that you pack these in your suitcases to avoid being taken during security checks. However, it is most important that you trust your own guidance regarding these items and weigh the benefits and risks of enhancing ceremony versus losing treasured pieces. We would strongly advise everyone to leave feathers at home.

~Please bring a clear crystal for our collective altar.

~A journal and sketch pad if you wish to document your dreams, journeys, etc.

~Please also remember to bring sunscreen as well as any medication or natural remedies for sunburn, allergies and intestinal discomforts. Many people find that taking probiotics or acidophilus a week or so before and during a trip to Mexico can help with digestive balance and over all well being. Please discuss any of these and other concerns with your trusted health care provider.

~ Please bring your own beach towels. Bath towels or blankets should not be removed from your cabaña for use on the beach. Any missing towels or blankets will be charged to the room at a rate of \$10 each. Blankets can be purchased in the Maya Tulum boutique.

~ You might want to consider bringing wet shoes/aqua socks to protect your feet from the ever-shifting coral and rocks you may encounter while swimming. If you want to snorkel, you can bring your own equipment or you can rent it for approximately \$6 - \$8 per day.

~ Other things that might be useful to bring: insect repellent, a small flashlight, a hat, snacks that are appropriate to pack in your suitcase (granola bars, nuts, dried fruit...).. As a general rule of thumb, pack light- weight clothing—it remains warm through the evening so jeans and jackets are not necessary. We do, however, recommend bringing at least one sweater or shawl in case it gets cooler or it rains.

