



YOGA LIFE VILLA
— EXHALE —

Things to Bring

Cotton, rayon or a blend of cotton materials
casual tops, shorts, dresses, skirts
Beachwear/covers ups
2 Bathing suits
2 casual evening wear
One pair of long pants
Sun Hat
2 pairs of Sandals/flip flops and one pair of closed shoes
Thin sweater, evening cover
Lightweight rain jacket
Bug repellent
Sunscreen
Emergency contact information
Medical insurance
Medications
Travel Insurance
Travel Documents
Cash Money (in town can exchange for pesos)
Phone Charger
Ear plugs
We highly recommend
international phone service
Open Heart
Curiosity