



What to bring to your Yoga Teacher Training

For your training, you will need to bring a few items. Some of them we offer for purchase at the Krishna Village shop, but you might prefer buying most of them beforehand.

Clothing for yoga classes and around the Village

Please bring a mixture of lightweight and warm, comfortable yoga clothing; layers are best. Mornings can be chilly, and afternoon yoga classes are warm. Bring light shoes, sandals or thongs to wear around the Krishna Village, and – if you can - a pair of solid shoes you can wear in the garden. No thongs or sandals are permitted in the garden. We have a few gumboots that you can borrow, but it's nicer to have your own. In addition, please bring:

- A new, unused T-shirt or singlet to print the Krishna Village logo on and wear when teaching
- Work clothes you can use in the gardens on your seva days
- Appropriate clothes for the temple area and prasadam hall where we eat breakfast and dinner: Pants or skirts that are longer than knee length, and shirts that cover your shoulders. Ladies - ideally bring a sarong and a scarf or two that you can wear over a singlet on a hot day, then you don't have to get changed after yoga classes and just drape it over instead. Please dress conservatively: no tight pants or bare shoulders in the eating areas.
- Swimmers for the local creek or pool in town
- Light raincoat or umbrella

For your training sessions

- Yoga mat
- Comfortable cushion/ bolster/meditation stool [or lightweight chair if necessary] to sit on as we spend a lot of time on the hard yoga hall floor
- Eye pillow for Shavasana (optional)
- A blanket you can use for study times in the garden (optional, as the ones we provide are for use during yoga classes only, not outside the yoga hall)
- Laptop or tablet (necessary to receive schedule updates and class materials via email throughout the course)
- Notebook/journal and pens

For daily life

- Bath towel, beach towel and toiletries as required
- Insect repellent
- A first aid kit including something to soothe insect bites
- Camera (optional)
- A reliable alarm clock
- Torch for walking at night
- Big water bottle [essential!]
- Backpack

If you are camping

- Tent, mat or mattress and sleeping bag
- A tarp to protect your tent in case of heavy rains (We have a few that may be borrowed if available, but they might be used by someone else. So best to bring your own.)