



## WHAT TO BRING TO CLASS

The most important thing to bring to class is your presence and compassion. Besides that, there are some items that are needed during class or that make class run smoother.

- Pen and paper, or a tablet, or something for taking notes
- Pendulum: ideally wood, metal or stone with a 6-inch chain (crystal pendulums can be difficult for first time users)
- A journal which you might be asked to write in at times during the day
- Your Life Mastery Training Program notebook/binder (given out at your first LMT1 class weekend)
- Handouts that you are asked to print and bring with you
- Copies of your homework for your notebook/binder
- Any pillow, eye covers, blankets, etc. that support you when you are meditating or receiving a healing
- Yoga mat to use during the meditations and/or anything else that will help you be comfortable lying down.
- Healing Table: if you have one and are local, please plan to bring your table to use while learning healings

## WHAT NOT TO BRING TO CLASS

- Any large video/audio recording devices or equipment (handheld devices only for personal use are allowed)
- Any other person not signed up for the class
- The hotel does not sanction snacks and food in the classrooms.
- Keep caffeine, sweets, chocolate, or other stimulants to a minimum.
- Strongly advise no alcohol and recreational drugs on school weekends.