

Sedona  
A Weekend of Visual Journaling  
And Self Expression

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**What To Bring**

Back Pack or Tote to Schlep Stuff on a Hike  
Comfy Clothes, layers are best  
Comfortable, sturdy hiking shoes or hiking sandals  
Hat and sunglasses  
Sunscreen  
Your softest pajamas and robe  
Swim suit  
Slippers or flip flops to wear to the hot tub  
Toiletries  
Good Stories!  
Flashlight  
Refillable water bottle

Your Playfulness and Energy!

