

What to Wear and Bring for the Conference

In June in Livingston, MT the average highs are 75 degrees and the average lows are 45 degrees. Plan to bring clothes for any kind of weather and be prepared to layer. Bring clothing for warm weather—shorts, Capris, T-shirts, and sandals. Also bring clothing for wet/and or chilly weather—a rain jacket or poncho, long pants, long sleeve shirts, a sweatshirt and/or fleece and a light jacket. It could be a bit chilly in the morning at sunrise and the weather may cool down again in the evenings.

For hiking bring tennis shoes, socks, a hat, a water bottle, daypack and sunscreen (natural mineral sunscreen with no chemicals is suggested). There usually is not a mosquito problem in June, however, just in case you could bring insect repellent (an herbal variety with citronella is suggested). If you would like to go swimming at Chico Hot Springs or the Livingston public pool or a hotel pool, bring a bathing suit and beach towel.

You will be taking your shoes off before going into the Livingston Sanctuary of the Heart, so bring some slippers or socks to wear in the sanctuary. You may also wish to bring a pad or backrest for your chair in the sanctuary to make it more comfortable. Also, please remember before you go into the sanctuary to turn all sounds off on your phone, including any alarms.

Suggested dress:

- Saturday, June 21: white for Kali's personal/planetary transfiguration
- Sunday, June 22, to dance the full Paneurhythmy : women wear pastel or white dresses or skirts, knee length or longer; men wear white shirts and white long pants

Plan to attend the full morning program on Saturday and Sunday in order to receive the *Confirmation by Lightning* by the Lord of the World of Sirius.