

SUMMER SOLSTICE OUTLINE 2009 @ Julie's Home

1. Arrival— Transport Food to kitchen
2. Blessing – Welcome ... (Anoint, mist sprayer/ cleansing)
We greet the sun and you, ... (name) ... as we glory in both of your illuminations.
May you feel the power and radiance of your light on this summer solstice.
3. Tunnel of Trees Walk - with Drumming
4. Circle to Circle ?
5. 4 directions-(ALL)
6. Yoga –Sun Salutation (Julie) .As we salute the sun , bring the fire energy full circle and let it enter your heart—Maybe SONG here—We are One with the Infinite sun, forever and ever and ever
7. Corn Meal – Casting our connection to the Earth– spread the corn meal as we say a word that we associate “power” with for ourselves.. What valuable asset do you resonate with when you feel your most powerful self?
8. Sit in Circle--History (Joy)
9. Story/Poem (Lynn)
10. Movement Practices (Joy)– Power through the Elements- Group Activity –possible partnering
11. Sharing – After the movement practices, please share what element was the most difficult, or the element, most familiar. How do you get stuck, what may be helpful to say, or what posture will help you to MOVE Consciously, not habitually....
12. Making Apricot Brandy (Lynn) ----Intention of Power/Setting our Intention?

What are we passionate about, what do you want to make happen and create, what fuels your fire?

Song--? Fire Song---We can rise with the fire of freedom, truth is a fire that burns our chains, and we can stop the fire of destruction, Healing is the fire running through our veins

13. Swimming//leaping into the FIRE WATER....?
14. Closing --