

**SUMMER SOLSTICE – 2016**  
**Saturday, June 18, 9 am – 1 pm**  
**Teresa's**

How does feminine energy open up and work with masculine energy? Safety, courage, surrender, care of self, trust. No shame, no fear.

30 min. **BEGINNING –**

Marty is greeter at front door, will take food and yoga mats from women as they enter.

Abbie will take yoga mats and place by circle of chairs in backyard.

Teresa will direct the women to the theatre room and will funnel in 4 women at a time into hot tub area.

Lynn will be in the hot tub area and will hold the sacred space, hand to each woman a scented towel, and provide welcoming words, use chime to communicate when 4 minutes in the tub has passed.

15 min. **CASTING THE CIRCLE –**

Lynn will create the circle using safety as the focus, she'll craft calling in the four directions with the song "Spirit of the Wind."

15 min. **INTRODUCTION TO SUMMER SOLSTICE –**

We each will speak of what "power" means to us in the context of facing our imaginary fears. Abbie will focus on Durga.

30 min. **MEDITATION –**

Marty will lead a guided meditation with focus on "our blockages caused by imaginary fears need to be faced and exorcised," incorporate the death and rebirth of self when merging with the other (masculine and feminine?) as when different parts of ourselves negotiate with other parts to face our fears, focus on affirmative statements, journaling on the meditation and affirmations. Women will write one of their affirmations on a slip of paper and put it into a bowl.

30 min. **SELF CARE –**

Teresa will speak on caring for ourselves, exercise and movement, do some yoga with complementary affirmations (Marty will type up what Teresa sends to her for later distribution to the group).

15 min. **LOTIONS, POTIONS, AND SCRUBS –**

Abbie will introduce the opportunity for women to provide self-care with these items (Teresa will mentor her on the various things available for use).

30 min. **SMOOTHIE AND JUICE BAR –**

Teresa will talk about nutrition and caring for ourselves through food. Each woman will select her ingredients for her own smoothie and bring a cup with her stuff to a blender station. We will each bring a blender. (TO BRING: Teresa-protein powder, fresh juices; Marty-yoghurt, lowfat, Greek; Lynn-almond milk and greens; Abbie-nuts and avocados).

60 min. **SHARING –**

Abbie will pass around the bowl with the affirmations in it and each woman will take one. We will start by going around the circle reading them. Then each woman will share what touched her most deeply during the ritual while we are drinking our smoothies.

## YOGA POSES AND AFFIRMATIONS

### 1- Standing Mountain Pose

"I am whole and complete; I stand in perfect integrity."



### 2- Downward Dog Pose

"I am loyal to myself and yield when I need to."



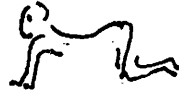
### 3- Cobra Pose

"I am patient with my body and ready to strike when opportunity comes along."



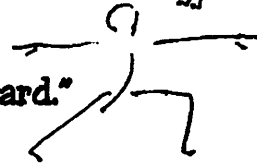
### 4- Cat/Cow Pose

"I am flexible and independent, joining only when it feels right."



### 5- Warrior Pose

"I see the truth and it gives me courage to move forward."



### 6- Tree Pose

"I am calm, I am balanced, and I am centered in faith."



### 7- Child's Pose

"I trust in the kindness and benevolence of the universe."

