**Lammas 2016 – 2 Days @ Mt. Shasta**

Saturday Schedule (More or Less)

12-1: Arrival: Women put their food away, set up their bedding, altar items inside. We take their chairs, journals and put them into the circle

2:00: S/W: Corn husk brushing blessing- Welcome to Lammas

Women sit in circle, Flute music playing softly

2:15: C/W sprinkle corn meal around the circle, C with short commentary as to the energy gathering (instead of the usual calling in of directions)

2:20: W gives short intro to Lammas. A leads song (My roots go down, down to the Earth)

2:30: E explains upcoming stations

Chakra Meditation

3:00-4:15: Chakra Stations

4:15-4:45: C explains project and time for Labyrinth making (A/W put out snacks, paper plates)

4:45-5:00: Snacks

5-6:00 A leads sharing

6-6:30 ish Women have free time while we prepare and set up dinner

6:30-7:00 or 8:00 Dinner and clean up

8:00-8:30: W guides sunset walk

8:30: Dessert and possibly scherades

**Sunday Schedule**

7:30: E: Meditation outside

8:00: A: Yoga outside

8:30-9:30: Breakfast and clean up

9:30-11:00:

C and W: Lemurian Story

A Native American Story

A Song (Ancient Mothers. We hear you calling…)

S Bodywork- In small groups of 3 (Women ask group to help with Chakra areas needing work or whatever they need.

A Song

C/W Brush cornmeal way for the circle (as we sing-“Deep Peace of the quiet earth to you…”,“I will be gentle with myself”-“May the circle…”)