

Lammas 2017 Information **Saturday July 29th – Sunday July 30th**

Schedule

You may arrive beginning at 11 am on Saturday; please plan to be there no later than 2 pm to set up your tent/sleeping spot and swim if you wish. The Lammas celebration begins at 3 pm and goes until dinner time, with meditation/journeying and then social time after dinner. Sunday morning breakfast will begin at 8:30 am and we will have more ritual time starting at 9:30 and ending by noon.

Marty's home and sleeping arrangements

Marty's home is a 2-story cabin with huge deck at about 3,700 ft. elevation, outside Taylorsville. Average temperatures for this time of year are 90's daytime, 50's overnight.

Most of us will sleep outdoors. You can bring a tent or sleep out in the open on the deck or on the mostly level ground. If you would like to sleep indoors, there are two extra beds available or you can spread your mat on the floor.

Food

Please eat before you come to Marty's on Saturday, or bring a lunch with you. Your facilitators will provide snacks during the afternoon and dinner on Saturday night. Please bring a dessert to share for dinner and BYOB (alcoholic or non-alcoholic). For Sunday breakfast, please bring food to share (we suggest fruit, cereal, yogurt, frittata—note early starting time on Sunday.) We will provide coffee and some teas, sugar, stevia and half-and-half; please bring other favorites. Note: There is limited refrigerator space at Marty's. Please bring a cooler if needed.

What to bring

- Tent and sleeping gear
- Swimsuit (optional)/sarong and towel (you may spend ritual time in the water)
- Food (see above)
- Clothes for a variety of temperatures, including celebration clothes in fiery summer colors and/or green
- Shoes for a short walk
- Headlamp or flashlight
- Water bottle
- Sunblock, bug spray, toiletries, etc.
- Hat or spray bottle to stay cool
- A few flowers
- Ritual items (described on flyer)
- Outdoor chair
- Yoga mat or ground cloth (optional)
- Your journal and a pen

Etc.

Young's Market in Taylorsville makes a nice stop for a cold beverage and/or picking up some food items.

Most cell service will not work at Marty's. If you need to get in touch the land line number is: 530-284-6745