

Awakening Shakti: Memorial Weekend/ Fri – Monday

Delta, Colorado

**Tentative Schedule – subject to change depending on weather and group**

Friday/ Arrive between 1 and 2:00pm - unpack, setup tent/ settle in room & relax

 \*Please arrive between 1 and 1:30 if you are tenting

Friday/ 2:30:   Welcome Circle, Introduction, Tour/ Landing in the space and Pausing for 20 minutes

Friday/ 5:45:  Potluck Dinner

Friday/ 7:30-9:00pm:  Opening Ceremony & Intention Setting

Saturday/ 7:00am: Tea/ coffee

Saturday/ 7:10am: Optional early morning 20 minute yoga & breathwork

Saturday/ 8am: Breakfast

Saturday/ 9:15am:  Awakening the body through Root 2 Heart breathing – inner massage. Finding pleasure through breath.

Saturday/ 10:30am: Earthing and listening to Gaia & intro to tree wisdom

Saturday/ 11:30: Lunch break

Saturday/ 2pm: Introduction to Shakti energy and sensuality. Pleasure guided practice through elemental connection and elemental dance.

Saturday/4pm - 6pm:  Break & Dinner

Saturday/ 7:30-9:30pm:  Primal Goddess & Cacao Ceremony

Sunday/ 7:00am: Tea/ coffee

Sunday/ 7:10am: Optional morning 20 minute yoga & breathwork

Sunday/ 8am: Breakfast

Sunday/ 9:15am:  Practicing being in our feminine divine and exploring some feminine archetypes

Sunday/ 11:30: Lunch break

Sunday/ 2pm: Getting dirty with the primal feminine – touch and movement

Sunday/4pm - 6pm:  Break & Dinner

Sunday/ 7:30-9:00:  Divine Feminine Honoring Ceremony - wear white and Closing Ceremony

Monday/ 7:00am: Tea/ coffee

Monday/ 7:10am: Optional morning yoga & meditation

Monday/ 8am: Breakfast

Monday/ 9:15am:  Closing space and 15 to 20 service time of giving back to the land

Monday 10:30 - 11:30am:  Pack and Good-bye (check out is 11:30am latest)

**TO BRING LIST**

For everyone (see special tenting/ car camping section below)

1) Comfortable clothing according to weather – check weather for Delta, Colorado (ranges from 40’s at night to 90’s during the day depending on time of the year). Consider bringing hat/ sunglasses, etc

2) Altar item for our group altar (you’ll receive this item back – crystal, poem, picture, charm, etc)

3) Potluck item for Friday’s dinner – bring a premade/ already cut/ prepared item to share for dinner. It’s not required and please consider the following dietary requests – gluten free, dairy free, vegan, non-spicy foods. Examples (hummus & precut veggies), ready to eat precut fruit salad, gluten free chips & mild salsa, etc – our main dish shared will be a vegan soup.

4) Cooking pot (medium to large) and Long skirt or extra long blanket and towel to cover legs for yoni. If you are flying in – a towel will be supplied.

5) Waterbottle and favorite Mug for tea/ coffee

6) Easy slip on/ off shoes (sandals, flipflops, etc) Our house is a shoeless space.

7) Our house is a also a low chemical and high fragrance free space. \*If you are staying in a private bedroom, please leave perfumes, fragrance sprays, non-natural like soaps and shampoos at home. We have a variety of low fragrance soaps & shampoos to share in the bathroom 😊

8) White ceremonial clothing (yes, some color/ tan/ etc is way okay too) for Saturday night – skirt/ dress/ pants/ tops. There is no need to buy something new.

9) Yoga mat, towel or extra blanket. I have only 2 extra yoga mats, so please bring your own if you have one. If you are flying in – you can use an extra.

10) All meals, healthy snacks, variety of teas, and coffee (dairy free creams) are supplied. OPTIONAL: If you’d like to bring your own snacks, you may do so. Please bring a cooler and plan on keeping your snacks in a cooler. Due to our limited indoor fridge and space, please plan on keeping your snacks in your vehicle. We have a freezer in the garage for cold packs to refreeze if needed. Sorry – no food in the indoor bedrooms.

11) Other optional items: drums/ rattles/ journal/

12) OTHER SUPPLIED ITEMS: Meditation Cushions, hammocks, a variety of bug spray (natural and non-natural), sunscreen, first aid kit, etc are supplied.

13) Anything else to keep you cozy and nurtured

**People tenting or car camping**

a. bring your own tent, sleeping bag, pad and tarp or extra rain fly incase of rain to stay dry

b. headlamp – our property is well lit, but can be dark in areas

c. bring tenting supplies according to the weather of Delta – this time of year can either be chilly and rainy, mild or even hot. Be prepared for cool to cold nights