

Dear Camels –

Welcome! I'm so excited so many of you are interested in yoga as a means of deepening your connection to the earth, to yourself and to your community. I named this clan camel due to my great love for the posture in yoga.

I was able to read most of your applications and from them I have gotten a bit more of sense of where you are your yoga practice. If you could email me this week and answer the following questions, I'd appreciate it. Please email me at [amanda@sacredtreeyoga.com](mailto:amanda@sacredtreeyoga.com). I'd like to have our first clan time Friday after dinner, so please let me know if you won't be arriving for dinner so I can catch you up.

- 1) Do you have a regular yoga practice? If so how long have you been practicing and how often do you practice?
- 2) Do you have a meditation practice ? If so please describe?
- 3) Are you physically active?
- 4) Do you have any physical injuries chronic or acute? Do you have any other traumas I should know about?
- 5) Do you have a yoga mat? Block? Strap?

Please be assured that even if you don't have a yoga practice this clan is for you! Even if you're injured we'll work together to find postures that are right for your body! Every clan session we will be doing yoga. So prepare to be physically moving most of the day. This does not mean you'll come home sore and pushed to over your limit though, everything will have many choices to take the posture vigorously or restoratively. So please bring lots of movable (leggings, loose fitting clothes) clothes to keep warm in and move in!

A bit more about Twilight: Twilight Covening is an intense, focused weekend-long ritual. During this weekend, we discover what our work is for the coming Winter, and prepare ourselves for that journey. Our clan times will each be centered around a specific element. We'll be focusing on air and fire on Saturday, water on Sunday, and earth on Monday. The Friday evening fire circle will be a time to release our personal blocks into the fire for transformation, and draw back new beginnings. Saturday night we will be doing Dream Circle, where we can focus ourselves for our vision quest on Sunday. Sunday evening's ritual will challenge us as we go into the dark, into ourselves, to come out renewed.

Please read the confirmation package to be sure you bring everything you'll need. Some additional things I recommend are:

- \* yoga mat, blocks, straps and several blankets to be used for padding
- \* lightweight warm clothes for practices that may be done outside if its nice
- \* journal or notebook, sketchpad
- \* candle in a jar, matches
- \* warm things to wear for extended time outside (think layers)
- \* waterproof clothing, shoes, and raingear
- \* cushion/pillows to sit on for trance and guided meditation
- \* things to decorate our table and clan space