

Dear Camels –

Welcome! Are you ready to yoga? This year's clan promises to be more intense, more focused and I hope just more yoga. Since many of you already have a yoga practice, please be sure and bring your mat, blocks, straps, meditation cushions, etc. Weather permitting we'll be practicing some clan times outdoors so along with the regular yoga gear, please bring layers you can move in.

I mentioned recently that last year's clan had deepened my yoga teaching practice and vice versa, my teaching (both yoga and school) has guided me to a meditation practice this year. Given the times in the world at large I've been challenging myself to take a look at why I'm so focused on the news each night, the underlying emotions and how I can use that to deepen my yoga, and my connection to the world. I ask you as you prepare for Twilight this year to focus on the underlying emotion you're feeling (if any) of the current world situation. What fears can you let go of over the weekend? What hopes do you have that you can add into the energy of the ritual at large?

Several of you decided to do Camel again this year – yeah!!! I'll be interested to hear how this clan worked on you yoga over the year. However, 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. So please bring lots of movable (leggings, loose fitting clothes) clothes to keep warm in and move in!

Stephen Morley will be joining me this year in co-leading. Stephen has been a major fixture at Twilight, working Crow and Raven, then apprenticing with Moira and Duncan. As a yoga practitioner himself he was drawn to this clan work and I'm totally psyched to have his stable and grounding energy around! Welcome Stephen!

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

We'll be having clan time after the opening circle and before the fire releasing circle (about 9:30-10:15). So please come to the open circle prepared to yoga. If you can't get to Twilight before end of dinner (8:00 p.m.), please email me at amanda@sacredtreeyoga.com. I'm so excited for this year's clan.

Peace
Amanda