

September 2009

Dear Camels –

Welcome! The wheel is turning once again, and this twilight finds me with a major life change happening – though often, as I reflect at this time of year life has been interesting, but this year finds me with a physical change that will be undeniable at Twilight – I'm five months pregnant with my first child!

Being pregnant has definitely changed me, and has changed how I approach my personal practice. In the beginning of my pregnancy I simply couldn't do the physical postures, my whole goal was to breathe through the nausea that came to me like waves on an ocean. Now, as I make my way slowly back to my mat, I have given myself permission to simply by and find myself moving in ways that are both familiar and new.

We will continue with a hip focused physical practice this year. I have been meditating on the ancient and modern forms of mandalas – I taught some of this as yoga practices last year and will continue to add to that this year. Other ideas and words I've been pondering on my mat are fierce compassion, cloister, letting go of expectations and making space. As always I see yoga as a way to connect with ourselves and each other. I challenge you, no matter what your physical practice is, is to go deeper this Twilight than you ever have, whatever that means to you.

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! We seem to have a permanent home at Bear Rock, though this year, we'll be making the back room our home over the weekend, unless weather is gorgeous, then we'll be on the Bear Rock deck!

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, this year a two hour trance dance (which we'll be supporting) and clear space. Sunday evening's visioning ritual promises to be very interesting. Please leave your long cloaks at home for this ritual and make sure you layer in close fitting shorter jackets. Ladies, make sure you tie your hair up and/or wear a hat. 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](mailto:amanda@sacredtreeyoga.com). I'm so excited for this year's clan. I won't be arriving until about 5 p.m., so if you get there before me, make yourself at home at our clan table!

Peace,  
Amanda