

Sacred Connections One Day Event Outline

Welcoming Circles or whatever is done to warm people up.

Pull everyone into a circle.

Breathe or Tone to bring everyone into attunement as a Circle.

Have someone call in the quarters if you want. Ask people in the circle to call in the Sacred Energies to set the intention and tone for the day. Call in people who couldn't be here today but wanted to be...

Read the **Vision Statement**.

Read the **Covenant**

If you choose to do a Puja to read the Covenants, it will take at least 20 minutes.
If you do a Puja for both Mission statement and Covenants, it will take at least 30 minutes. Or you can do a mill & share where people randomly find people to share with instead of forming circles.

Go around the Circle with everyone agreeing to Covenant, one-word check-in, inviting new people to talk more about themselves.

General Announcements section

- o Give out bathroom locations
- o Any hottub/pool info.
- o Food Announcement: No beverages on rug except covered water containers. We will need 3 or 4 people to help serve and cleanup after dinner volunteers?

Important: Tell people how you want them to come back after the break do you want them in one big circle? Sitting Down? Standing up? It is helpful so that you don't have to move a bunch of people from sitting to standing or visa-versa.

Break

During break dance or move to get people up. Encourage them to eat a little.

It has been 1 to 2 hours already depending on size on group and speed of doing things.

EXERCISES:

1, 2 or 3 exercises depending on leader planning. Make sure there is a break every 90 minutes to 2 hours. Match your music choices to the energy people are in and that you want to create.

Closing: Ask for burning shares. Encourage people to keep them brief but do ask for them, they are a very important part of feeling in community together.

Closing announcements.

- o Food will be served
- o Appreciate Hosts for allowing use of their place.
- o Ask for general announcements.

Send love & good energy out to the world.

Do some sort of final joining together for the group in a large circle.

The Final, Sacred YUMM.