

# REBELS of the MOON

## Daily Schedule

	7/19 Monday	7/20 Tuesday	7/21 Wednesday	7/22 Thursday **Starts at 11**	7/23 Friday
9:00 AM	Rebel Arrivals & Sign in	Rebel Arrivals & Sign in	Rebel Arrivals & Sign in	Drop off sign in (11-11:30)	Rebel Arrivals & Sign in
9:30 AM	Rebel Team Building				
10:00 AM		Sacral Chakra Yoga	Solar Plexus Chakra Yoga	Social Justice Guest Workshop (11:30 - 12:30)	Crown Chakra Yoga
10:30 AM	Root Chakra Yoga				
11:00 AM			WISE Workshop on Gender	Lunch & Ubuntu (12:30 - 1:00)	Trust Circle
11:30 AM	Guest Workshop	Moon Cycles Workshop	Affirmation Envelopes		
12:00 PM	Ubuntu				
12:30 PM	Lunch, Relax, Explore		Lunch & Ubuntu	Hike Bald Mountain; Throat Chakra Yoga & Vocal Jam at the Peak (1:00- 4:00)	Celebratory Lunch
1:00 PM		Lunch & Ubuntu	Heart Chakra Meditation		
1:30 PM	Life Maps: Our Roots	Body art and power outfits			Letters to Self & Future Rebels
2:00 PM			Name Bath		
2:30 PM		Journey Dance	Vows of Self-love	Guest Campfire Chef: Eating Local (4:00 - 6:00)	Divinity Cards
3:00 PM	Intention Garden				
3:30 PM	Chakra Reflection	Goddess Portraits	Nature Altars	Fire Ceremony (6:00 - 7:00)	Closing Ceremony (All Parents Welcome)
4:00 PM	Pick-Up	Pick-Up	Pick-Up	Pick Up (7:00 - 7:30)	

## Description of Events

### **Greeting and Intro and Ice Breaker-**

**Welcome-** We are so excited to learn from you this week. Today is all about grounding and getting to know each other's stories and roots. We have been waiting all month and

### **Rebel Team Building**

**Staff intro-** Name, pronouns, one piece of advice to the Rebels.

**Rebels name game-** choose a pose to go with your name

**Ice breaker-** I'm a Rebel you're a Rebel + Rock paper Scissors Entourage (learning to support each other + **Explain Rebel Shuffle/ practice**

**Community Contract-** building a sacred and safe space. What are important guidelines we would like to follow as a community?

**Root Chakra Yoga-** Yoga Nidra- Join in a restorative practice expressed by resting on the ground and being verbally guided into a state of meditation where the mind starts to restore, relax and heal itself.

**Guest Workshop: Therapeutic Writing-** This workshop will feature a guest writer, Sara Mornis, who will focus on how journaling and writing can be used as a therapeutic and healing tool. Personal journals will be handed out for you to explore and dive into your creative and literary self. You will be led in thought provoking exercises and explorations of how powerful pen on paper can be.

**Ubuntu-** Stemming from a Zulu word, a tribe in south Africa, ubuntu means "I am a person through other people; my humanity is tied to yours." This term brings in the spiritual truth of the world, we are all interconnected by invisible webs of energy. How do our actions affect one another? How does connecting with others increase our spirituality? Do we need each other to survive? Ubuntu is a partnered activity. Each participant will have time to walk with their partner and get to know each other by discussing thought provoking questions. In the last 15 minutes we will come together to share what we learned.

**Lunch, relax, explore-** Enjoy the farm while eating a home packed lunch

**Life Map: Reflecting on Life Journey-** Using the journal provided participants will be asked to make a visual timeline that represents your key personal experiences and what has brought you here today. Life maps are used both for self reflection and getting to know each other on a meaningful level. Life maps encourage questions such as what challenges have I faced? Who has supported you on your journey? What experiences are you grateful for? Who and what has shaped you into the person you are today?

**Presenting Life Maps-** Each participant will have 10-15 minutes to share their journey with the group.

**Intention Garden-** Rebels of the Moon live with intention. Starting new conversation and new thoughts is very similar to planting seeds. This week we will be working to plant many new ideas, thoughts and actions into our own mind and being. To honor this process participants will each have the opportunity to plant a flower while stating an intention for how they want the week to go. We will care for these plants and nourish them, in hopes that they, like us, will blossom to their fullest potential.

**Chakra Reflection-** We will spend time reflecting on our first day and getting to know more about the 7 Chakras.

**Sacral Chakra Yoga-** Join in a powerful yoga practice with a community of women with bumping, fun, high energy music and engage in a fast paced class that combines dance, cardio, and strengthening. This yoga practice will be empowering, fun, sweaty and an opportunity to hoot, holler and cheer yourself and other powerful women on. This practice will support you in unlocking your feminine energy.

**Sacral Chakra Meditation-** Using the power of awareness participants will focus on cleansing the sacral chakra allowing for the group to accept change fearlessly, to activate creative energy, cultivate joy, connection and abundance in our lives.

**Moon Cycles Workshop-** Learning to honor and respect the feminine body is a challenge in our society, as we are too often taught to view our cycles with disgust and shame. It is time to deconstruct the toxic ways in which period education is taught. In this workshop we will learn the wonder, magic and power of our bodies' cycles. Rebels of the Moon will learn how to support their cycles based on lunar phases, herbalism and flower essences. Open and honest communication will create a safe space to empower participants in learning how important it is to find a tribe of young women who encourage love and honor menstrual cycles.

**Body Art & Power Outfits: Honoring Yourself-** Rebels of the Moon will be asked to bring in clothes, cloth, hats, adornments that make them feel powerful and strong. Using body paint and personal items everyone will dress up in celebration of themselves and the rebels around them. This is a chance to be goofy, free and empowered by presenting an authentic representation of yourself as we prepare to dance our hearts out.

**Journey dance-** Tapping into the power of the body. Dance transcends all language, taking us into full embodiment of who we are. Using dance we will support each other in independent, judgement free movement that activates the soul.

**Goddess Portraits and Free Dance-** To honor all Rebels of the Moon, each rebel will be photographed in a way that makes them feel beautiful, empowered, strong and excited. During this time Rebels will be enjoying embodiment through dance and giving final appreciations.

**Solar Plexus Chakra Yoga-** Join in a restorative practice where each yoga expression is held for 3-5 minutes to allow the body and the mind to let go and release tension in the mind and body.

**Discussion on Gender: WISE Workshop-** Rebels of the Moon will come together for a discussion about gender labels and expectations created by our culture. What words do we use to define women? Men? People who don't identify with either? We will focus on what our culture has taught us and the habits we embody based on societal expectations. Using poetry, quotes and essays Rebels of the Moon will work in groups to create a 5 minute presentation to share and discuss with the group. This workshop will be presented by the WISE foundation. WISE leads the Upper Valley to end gender based violence through survivor centered advocacy, prevention, and education.

**Affirmation envelopes-** Each Rebel of the Moon will decorate an envelope with their name on it. Throughout the week these envelopes will be used to write each other appreciation and share love.

**Heart Chakra Meditation-** Focus on releasing any blockages to revive yourself as you activate light and joy to pour into your heart space. In order to love others you must love yourself first. This meditation will include chest opening stances that allow our body and mind to unite in harmony and love.

**Name Bath-** Rebels of the Moon will take turns standing in the middle of a circle as we chant, sing and speak their name in conjunction with appreciations. This powerful ceremony will allow the opportunity to give and receive love to the community. You will be honored and seen for the incredible being you are.

**Writing Vows of self-love-** In honor of the heart space Rebels of the Moon will use their journals to write personal vows dedicated to honoring, appreciating and loving their true authentic selves.

**Nature Altar-** Each Rebel will be asked to bring in a representation of an inspirational woman. Using memorabilia and the nature surrounding us the Rebels of the moon will create an altar to honor the divine feminine and our interconnectivity to nature.

**Practicing Speaking Up: Advocating for Justice-** What does it mean to be privileged? How can we contribute to the world around us? In this workshop Rebels of the Moon will practice communicating about social justice issues. In groups Rebels will be asked to brainstorm global, local or personal issues in which they are passionate about. What are ways we would like to create change and be involved in the greater community around us?

**Hike and Vocal Jam-** From Milldale Farm we will hike up Bald Mountain with song lyrics in hand. At the top of the mountain we will sing at the top of our lungs, stepping into our voices and honoring the nature around us. Vocal jams are unstructured improvisation that allow all voices to partake in a powerful uniting ceremony of sound.

**Fire Ceremony & Truth Circle-** Rebels of the moon will write down things they would like to let go and burn them as a symbolic form of release. Rebels will also engage in a truth circle, where individuals answer and ask insightful questions, allowing a time for vulnerability and sharing.

**Crown Chakra Yoga-** Join in a practice of warming the body and cooling the body through movement. This practice supports the mind and body in building tolerance that can then be translated into the world outside of yoga.

**Trust Circle-** Using the understanding that vulnerability makes you stronger, Rebels will come together to form a sacred circle where we dive deep into personal introspection.

**Letters to Self and Future Rebels-** Rebels will reflect on the week by writing themselves a personal letter. They will practice mentorship by writing to the next generation of Rebels who will attend the following year.

**Divinity Cards-** While learning about the Crown Chakra, Rebels will have access to various Divinity card decks which provide alternate insights on any question you seek to explore.

**Closing Ceremony -** Rebels will be gifted with their affirmation envelopes and t-shirts with fabric markers to write messages on each shirt. As a community we will come together to honor the week and feel grateful as we bring renewed spirit into the world.