



# **Samhain Gathering Frog Garden**

**- Sunday 30 October 2022 -**

**Come and celebrate this magical day with us!**

## **PART 1 Connecting with the Forest**

**14:00 – 17:00**

At 14:00 we will gather at **Johan's house in the front** to paint our faces and dress up as nature/elemental spirits or something you feel that honors your ancestors. Then we will go on a little walk towards the Frog Garden. On the way we will do some little activities like making a nature mandala. We will arrange a shuttle to bring all the food/stuff already to the Frog Garden so you don't have to carry it with you during the walk.

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## **part 2 Potluck**

**17:00 – 19:00**

We will have a **potluck/food** circle at **the Frog Garden** which we will start/open together to offer our gratitude for the food. Please come on time if you are joining from the second part. We prefer the food to be vegan, but you are ofcourse free to bring any dish you like. Please make sure to bring a piece of paper with the key ingredients written on it (milk/meat/fish/nuts etc).

## **PART 3 Silence meditation**

**19:00 – 20:00**

After our stomachs are filled and we have connected with each other we move into silence. A silence to honor loved ones who have passed and to connect with what is present within ourselves. After the silence there will be some space for sharing what's moving inside us.

## **PART 4 Ecstatic dance**

**20:00 – 23:00**

Slowly it's time to start moving again to celebrate and release what's not needed anymore. After some warming up/movement exercises by Sana we will be ready for a special Samhain set by DJ Brian who will guide you with his music into the darker days to come and invites you to express yourself in your unique ways. Brian gives his own unique twist to ecstatic dance by providing longer and higher peaks to keep you dancing and warm! Don't worry, there will also be a fire on the dancefloor:)



## Practical information:

- We really appreciate when you bring your own plates/mugs
- Donations will this time go to maintaining the Frog Garden and covering the expenses of our DJ (traveling costs) . Expenses like doing repairs on the community house, testing our drinking water, buying chicken food etc. Please bring cash!
- **Please park in front of the road to the forest at the parking space or in the streets nearby** (close to **Kiewitseweg 2 Zutendaal**) From here it's a 15 minutes walk. These are the coordinates of the Frog Garden. Use them for walking, not for driving! Check the Picture below for where to park/enter the forest. 📍 50° 54' 6.5786" N 5° 35' 6.2189" E
- Preferably bring vegan food but always bring a little paper with the core ingredients on it (like milk, meat, fish for example)
- We are looking forward to seeing you all and celebrating this special day together. Please send a message/call to 0031610748195 when you have any questions.

