

Circle of Song : Lesson 1 : Overview

INTRO

- Welcome: Come and Be Welcome (Handout)
- Chalice Lighting
- Warm Up: A Ram Sam Sam (Video)

EXERCISES

1. Simple Movement: A Circle is Cast (pg 18)
2. Spirit Invocation (pg 21)
3. Call to Spirit – Invocation Song (pg 21)
4. Impromptu Alternative Verses: Air I Am (pg 54)
5. Game: Air Moves Us (pg 55)
6. Interwoven Chants:
 - Cauldron of Changes (Handout)
 - We Are an Old People (pg 91)
 - Goddess Chant (pg 134)
 - God Chant (pg 165)
7. BREAK
8. Dance: Blood of the Ancients (pg 92)
9. The Witch Song (pg 103)
10. Call and Response/Made Up Verses: Snake Woman (pg 104)
11. Interwoven with Random Cantor: We Are the Changers (pg 107) / Kore Chant(pg 108)
12. Showstopper: Spider Woman – She Changes Everything She Touches

OUTRO

- Final Thoughts/Check Out
- Closing Song: Dance Without End (Handout)
- Ext. Chalice