



KAKINI
YOGINI

Sacred Threads Circle

~ The circles are meant to be an Oasis for women to tap into ~

What is it about?

In a nutshell, the *Sacred Threads Circle* is an intimate gathering of women, joining their hearts for a higher purpose. The higher purpose of this group is to support each woman to embody the love that is her deeper essence and bring it forth into the world, in her community, in her family. In this circle women practice and explore being totally in love with themselves. Not from an Egoistic perspective but from the perspective of the Source/the higher Self. Women explore being empowered, profoundly feminine and available for themselves.

The *Sacred Threads Circle* has a clear structure with boundaries that hold the space of the circle. It is not a therapy group. There isn't much chatting during the practices.

Each Circle has a Specific theme. The theme of the next circle is

shared at the end of each circle with the women. Where relevant they may be a ritual or a rite of passage of celebration.

What are the Themes?

Themes range from Deep nourishment, Moon Cycle, Menopause, Feminine enquiry, Flowing movement, the Art of Surrendering, Celebration of a Birth or the end of a cycle, Feminine Prayer, Feminine Play, Embracing the body fully, the secrets of the womb, Feeling the breasts, Body hate/Body love, Expressing gifts, Shopping from an empowered place, merging with nature, 'all about me' time etc.

What do we do in the Sacred Threads Circle?

- ★ we give ourselves space for being
- ★ we move our body, this can include dance or simple postures & movements
- ★ we meditate
- ★ we pay attention to our breath, this can include breathing practices
- ★ we are present to each other, we honour and value each other
- ★ we connect through the senses, this can include massage
- ★ we chant or sing
- ★ Sometimes we share with words

In this safe place we demonstrate respect, open to experience a spectrum of feelings and welcome ourselves and each other as we are.

Where is it coming from?

The Sacred Threads Circle is inspired by different sources:

- ★ The Upanayana Vedic Ceremony
- ★ Jean Shinoda Bolen : *The Millionth Circle*
- ★ Chameli Ardagh and Helena Montelius
- ★ Nandini's monthly Women's Workshops
- ★ Katrina Hinton's teaching experience and learnings
- ★ The ever-present Divine Mother

Who is facilitating?

Nandini and Katrina are Yoga teachers experienced in facilitating workshops and women's gathering. They both have a deep love, passion and respect for the awakening of the Feminine and the empowerment of women. Other women participants are also encouraged and welcome to serve and facilitate the circle.

Contribution

The Sacred Threads Circle's contribution is \$25. Your contribution will serve to hire our sacred space and the rest will be given in its totality to "[Embracing the World](#)" to support women.

Please check Empowering Women:

<http://amma.org/global-charities/empowering-women>

Invitations

Women are invited at specific dates to join the circle ~ Of course expression of interest are welcome!

All women coming for the first time will be welcomed with a personal celebration or a simple initiation. Once a woman is initiated she can join the circle as she pleases. There will be specific dates when new women are invited to join the existing circle.

If you are interested in joining please email Nandini.

When and where

We meet once every 6 weeks on Monday evening for 1H30. The venue will be revealed to women joining the circle only.

Guidelines

The Sacred Thread circle is not a chat room; it's a sacred space. We hold the space with reverence as though we are entering a temple.

We don't feel tempted to relate the events of the day or share our 'stuff'.

We enter our Sacred Thread space walking in loving silence and awareness knowing it is safe to bring your whole self in this space.

We don't have to be a particular way, just come as you are!

In this safe space we can laugh, celebrate, cry, pray, scream, worship, pray and express our deeper longings and love.

Our circle is not a space for processing pain, analyzing ourselves, solving problems, complaining or sharing stories of our ups and downs. It is a space for practice, connecting with each other and ourselves at a deeper level. The practices will bring you to that “deeper level”.

There are practices where we do speak and share our deeper wisdom longing and insight. This sharing is a source of deepening instead of distraction. It comes from an intention to heal rather than simply vent.

This is a place to seek and see the best in each other.

There are no teachers, everybody participates. Katrina and Nandini will be holding the space and guide the flow of our time together.

There is a space for you, if you'd like to be part of the transformation!

If you are interested, let us know so we reserve your space. Feel free to extend the invitation to a women you know may benefit from it.

If you have any questions don't hesitate to get back to us.

- Om Shakti -

www.kakiniyogini.com