



Tips For Creating Your Own Ritual

What are you wanting to celebrate or release?

Would you like to go with the flow or have a plan?

How many people would you like to invite?

Which friends would be open to the experience?

Would you like to be outside or inside?

Could you hire a space or use a friend's house or garden if you don't have the space yourself?

What do you love doing? Is there a way to include that?

What could you use for a centre piece, for instance some material, a bowl of water, candles or flowers?

Is there something that your friends could take away with them or that you could create together?

Remember this is for YOU, so do what feels good to you!