

## **Pre event information for Amnion**

Pre event phase can start a couple of weeks prior to the workshop. You may be having unexplainable feelings. Feelings of anticipation, dread, accelerated growth. Know that this is normal you are entering into the Prenatal field.

The prevent phase is comprised of the above plus when you prepare to leave, pack your bags, separate from family and travel to the workshop.

The workshop has the beginning phase, the arrival day, the getting settled and the start of the workshop.

There is a middle phase which is the 2<sup>nd</sup> day.

There is an ending phase that is the last day. The separation and going home phase.

Then there is the post workshop phase. How you do or do not stay in contact with the others.

These five phases correlate with different cycles in your life.

1. Where is your support during these five phases?
2. How and what challenges me during each of these phases.
3. What have I learned from each of these phases which will help me in the future?