

Useful Tips for Hosting a Remote Spirit Release Training Event

Suggested by George Worsley, host of the Haymarket, Virginia event 2019

Location

- Should be near a major airport as this allows international attendance and easy transportation via rental, taxi, or metro
- The venue should have ability to provide a lunch-type buffet to allow attendees the ability to stay at the training site and keep delays to a minimum. This also allows the energy of the event to remain stable
- There should be a more private place for attendees to recoup and ground
- Two bathrooms if possible
- Free from other interference and eavesdropping from others not participating in the event. The information shared is deeply personal and at times sacred.

Event timing

- Announcements via various platforms should be 90 days in advance, but no later than 60 days in advance
 - Allows cheaper airfare and accommodation arrangements
- Get deposit 5 days after commitment, otherwise open up event space for others. If advertised, and located as suggested above, you will fill up quickly
- Consider the weather at the location when picking timing...snow, etc.

Food

- Suggest collecting food allotment to cover snacks and lunches.
- For ten people (maximum attendees), \$50 apiece will allow for a delicious buffet lunch (purchased at grocery, NOT restaurant). This is based on an 80% vegetarian type offering. If done collectively, the work involved is quite manageable
 - You will need someone dedicated to getting the food at the grocery etc.
- Lunch breaks should be 75min long to allow for food setup, consumption, and rest. Plan the cadence of training accordingly
- Consider hosting an informal welcome dinner on the day of arrival to get people acquainted and allow travelers a chance to eat without worrying about where to go in an unfamiliar location
 - If possible, this dinner should be at the training location
- Consider a “group dinner” event on the last night of training at a nearby restaurant

Arrival and Departure

- Arrival should be the day prior to the first day of training
- Departure on the last day of training needs to be coordinated beforehand due to travel limitations etc. Coordinate the timing of the last day’s training to accommodate those that must catch afternoon flights/trains

Communication

- Establish a communication method, usually email. Email update and useful arrival, lodging information as soon as deposit is made

- Send a final coordination email at least 10 days prior to event to avoid traveler worry
- Ensure a reliable internet connection on site for participants and trainers.