



WITHIN THE TEMPLE OF SEKHMET WORKSHOP

With Dolores Ashcroft-Nowicki and hosted by Lodge Magdala

What to Bring

ALL

A white robe and soft slippers

A golden yellow scarf or piece of soft cloth approx two yards in length and half yard or slightly less in width,

A bottle of wine

MEN

A wooden or plastic sword

An oblong shield of stiff card one yard long by half a yard wide. Paint it golden yellow with a border of scarlet around the edge with

a sun symbol in the centre, attach two arm bands at the back so it can be held.

LADIES

A pottery bowl (about 5" across and 3/4" deep)

Any drums, sistrums or instruments that blend with the workshop theme