

THE CONSCIOUS PRE-GAME

empowering you to enter the night with more intention, presence, and inner awareness



what it is

cacao ceremony + meditation circle
designed to deepen the live music experience



provides space for the band/crew to ground, become centered, and check in with one another before going on stage, as well as enhances chemistry and connection while on stage

what to expect

ESCAPE FAST-PACED SHOW DAY CHAOS

enter a calm space set up with cushions, candles, incense, oracle cards, and other items

(set-up varies depending on available green room space)

MEDITATE

become present and centered with a guided meditation; ease “pre-show jitters”

CHECK IN & SET INTENTIONS

gain inner awareness and clarity about how you and your crew are feeling and how you hope to experience the night

CULTIVATE GRATITUDE

sit in gratitude for the present moment; dedicated time to soak in the experience and remember why you do what you do

DRINK CEREMONIAL CACAO

feel heart-opened, euphoric, and energized, while remaining clear-headed; facilitate entering an aligned, creative “flow state”

SURRENDER

have magic on your side as the spirit of cacao (“mama cacao”) works behind the scenes to ensure your night divinely unfolds with ease

what people are saying

- “ The cacao ceremonies led by Hannah & Kait always do wonders in balancing and re-centering our hectic energies before shows. We all share the same look in our eyes every time we’re able to have one - that of gratitude for the space they create and to be able to breathe and be nothing but present with ourselves and each other for a moment. - Rick Mitarotonda (Goose)
- “ Hannah & Kait introduced us to Mama Cacao for the first time before a big show in Seattle. The ceremony was relaxing, yet recharging. I remember stepping on stage with the band - there was an extra bond of connection. It led to some really powerful and inspiring musical moments. I believe Mother Cacao brought us together and allowed us to tap into ourselves a little bit more than usual. - Peter Anspach (Goose)
- “ Hannah & Kait do a great job of leading and setting the mood. That’s such an important part of the ceremony for me. They bring consistency and calm to a stressful situation. Just drinking cacao wouldn’t get the job done. The value they bring is a moment of meditation and calm before a stressful situation. - Michael Nuchereno (“Nuch”; Goose Crew)

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pricing

price varies depending on number of participants



we are flexible!

we know show day can be chaotic and unpredictable
we can work with the time and space you have available



get in touch

Hannah Ritchie & Kait Tomkosky

certified meditation teachers, shambhavananda school of yoga

certified cacao ceremony facilitators, keith's cacao

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