



# Xanadu Kink Academy

Presents

## *Orchestrated Elegance*

*Attending A High Protocol Event with Confidence*

*To be used in conjunction with the Orchestrated Elegance Class*

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## Presenters

### **Knight of Xanadu & TheGirl\_Star**



Knight\_of\_Xanadu and TheGirl\_Star are the dynamic duo behind House of Xanadu, a community dedicated to education, etiquette, and intentional power exchange. Together, they co-founded the Xanadu Kink Academy, House of Xanadu, and Power Exchange Together: PET North Central NJ, creating immersive, supportive spaces where High Protocol and structured dynamics are explored with purpose, clarity, and heart.

Married for over two decades and living in a 24/7 power exchange dynamic, they blend real-life experience with deep study and community service. Knight\_of\_Xanadu, a seasoned Dominant and Head of Household, is known for his calm authority, firm structure, and unwavering commitment to leadership rooted in mutual respect and personal excellence.

TheGirl\_Star is a retired special education teacher, Certified Etiquette Consultant, and a proud member of the International Association of Professional Etiquette Consultants. She brings sparkle, structure, and warmth to her teaching. She offers hands-on classes and immersive experiences that weave together luxury, service, and personal growth. Her playful yet disciplined approach helps others step confidently into High Protocol and ritual-based service.

Together, they mentor individuals, teach at events, and host transformative experiences that help others build intentional dynamics rooted in respect, elegance, and connection. Whether orchestrating formal High Protocol dinners or leading etiquette and protocol workshops, they embody the magic, discipline, and joy of living a power exchange lifestyle with authenticity and grace.



Xanadu Kink Academy



# Welcome to Orchestrated Elegance:

## Attending a High Protocol Dinner with Confidence

Step into a world where every detail is intentional, every gesture holds meaning, and every moment is an opportunity to embody grace and purpose.

This workbook is your companion as you journey into the refined art of High Protocol dining. Whether you're a service-oriented submissive preparing to serve with poise, a Dominant seeking to lead with polished presence, or a guest invited to a formal event, *Orchestrated Elegance* will help you approach the table with clarity, confidence, and composure.

Inside, you'll find:

- Guided reflections to deepen your understanding of protocol and etiquette
- Checklists to help you prepare, pack, and plan with precision
- Practical tips for navigating everything from formal place settings to seating hierarchy
- Journaling prompts to explore your role, mindset, and growth
- Scenarios and etiquette challenges to apply your learning

High Protocol isn't just about following rules—it's about creating an elevated experience that honors the dynamic, the setting, and the intention behind each interaction. This workbook supports your practice of mindfulness, mastery, and meaningful connection in formal settings.

As you move through these pages, remember elegance is not about perfection. It's about being present, purposeful, and prepared.

Let the magic begin.







## High Protocol Vocabulary

**American Style eating:** After cutting your food, rest the knife along the upper edge of the plate. Then, switch the fork to your dominant hand and bring it to your mouth with the tines facing up.

**Amuse-Bouche** (ah-mooz-boosh): a small complimentary appetizer bite-size. Translated from French to mean “amuse the mouth”.

**Aperitif:** (a-peh-ruh-teef) An alcoholic beverage typically served 30-to 60 minutes before the meal to “stimulate the appetite”.

**Appetizer:** a small dish of food or a drink taken before a meal or the main course of a meal to stimulate one’s appetite. Generally, refers to the first course of a meal

**Bruschetta:** (bruce-KET-uh), an Italian appetizer consisting of toasted bread, often rubbed with garlic, and topped with ingredients like tomatoes, herbs, and olive oil.

**Buffet:** A self-service dining style

**Butler or English service:** The server presents a platter to each guest. The guest then use serving utensils to take the food they desire onto their own plates. (Downton Abby)

**Continental Style eating:** Keep your utensils in the same hands. After cutting your food, lower your knife hand slightly and bring the fork to your mouth with the tines facing down.

**Contingency Protocol:** Predefined backup plans in case of unexpected disruptions or substitutions

**Demitasse Cup:** (deh-mee-taas) A small cup, typically holding 2-3 ounces, used to serve strong, after dinner specialty coffees like espresso.

**Demitasse Spoon:** (deh-mee-taas) A small spoon, smaller than a teaspoon. This spoon is used to stir sugar in a demitasse cup, serve condiments, or as a dessert spoon.

**Dressing a table:** a term that is seldom used.

A more decorative and elaborate approach, often used for special occasions by adding fancy linens, centerpieces, and decorative elements (See Tablescaping)



**Digestif:** (dē-zhes-'tēf) an alcoholic drink (such as brandy or a liqueur) usually taken after a meal

**Family Style:** Platters of food in the center of the table with service utensil besides or on each platter

**Finger Bowl:** small glass bowls filled with cool or lukewarm water, often adorned with a slice of lemon or a floating flower. Placed on an empty dessert plate, they are typically served after a meal involving messy finger foods like lobster or ribs, allowing diner guests to cleanse their hands before dessert.

**Flatware:** Usually made from stainless steel, which is durable and easy to care for.

**High Protocol:** A structured, formal way of interacting based on respect, etiquette, and hierarchy

**Hors d'oeuvres:** Hors d'oeuvres are usually served while standing and mingling.

**Host/hostess dining service:** Host or hostess to serve the meal

**Majordomo:** is the Spanish/Italian-cultural equivalent of the “butler administrator” a person who makes arrangements for another. (A house manager)

**Mignardise** (min-yar-DEEZ): meal concludes with a bite-sized dessert called Mignardise, which is different from the one served earlier. Mignardise is also served with coffee or an alcoholic drink as a light way to bring this prolonged yet surely royal meal to an end

**Place Card:** A card showing where each person is seated

**Plate or plated:** Dinner plates are fully prepared and garnished in the kitchen

**Royal Silent Service:** A highly formalized, disciplined, and prestigious style of service It involves the meticulous and artful arrangement of tableware with the elegance of royal service, ensuring flawless execution with strict adherence to hierarchy and etiquette.

(House of Xanadu Teaches)

**Run-of-Show:** A precise outline of the event's structure, timing, and ritual flow

**Russian service (Service à la Russe):** is a style of formal table service where food is brought to the table in large dishes or platters and then served directly onto guests' plates by waitstaff.

**Service au Gueridon:** (geh-ree-don) The chef prepares a dish in front of the guest

**Setting a table:** Serving or attending to tasks without speaking, often to minimize disruption

**Silent Service:** when a server anticipates a guest's needs without being asked.

**Silent Service Protocol:** Advanced service performed without speech or disruption

**Silver Service:** food is brought in on a platter, with the majordomo or butler serving individually from the left using silver cutlery. It is performed using service forks and spoons. Often requires trained servers with precise serving techniques.

**Silverware:** Typically made from silver or silver-plated metal, which can be more expensive and require more maintenance.

**Tablescaping:** is the art of arranging a table to create a specific mood or theme

Tips for tablescaping:

- Use scale, color, and texture to create an artistic tablescape.
- Be bold with your color scheme.
- Include signature items and embellishments

**Visual Cues:** Subtle non-verbal signals used by Hosts/Dominants to direct service



# Module 1 – High Protocol Dining

## Introduction

High Protocol Dining is more than formal table manners—it is a ritual of connection, respect, and intentionality. In this section, we'll explore *why* this form of dining exists, *what* it represents within power exchange dynamics, and *how* it can benefit individuals and communities alike.

Use this workbook section to reflect on your personal role and deepen your understanding of the value behind High Protocol Dining.


### 1.1 Purpose of High Protocol Dining


High Protocol Dining exists to:


- Reinforce structure and hierarchy within a dynamic
- Create a shared ritual that reflects mutual respect and service
- Foster mindfulness and intentional presence at the table
- Elevate the ordinary act of eating into a ceremonial experience

#### Reflection Prompt:

How does structure at the dinner table mirror the structure within your dynamic?

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### 1.2 Meaning Behind the Ritual


Each detail—from how a napkin is folded to how service is presented—carries meaning. This ritual becomes a language of unspoken communication, where dominance, submission, service, and gratitude are expressed through action.

#### Journaling Prompt:

Think of a ritual in your life that carries deep meaning. How do those feelings translate to a High Protocol Dinner setting?

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### 1.3 Benefits of High Protocol Dining

For individuals:

- Cultivates grace, poise, and precision
- Deepens role embodiment through ritualized action
- Builds confidence in formal or structured spaces

For relationships:

- Strengthens power exchange dynamics
- Encourages communication and shared intention
- Reinforces mutual appreciation and interdependence

For communities:

- Fosters tradition, belonging, and cultural continuity
- Sets a tone of excellence and elevated interaction


#### **Checklist: Personal Benefits You Seek from High Protocol Dining**


- ☐ I want to feel more confident in formal settings
- ☐ I want to embody my role more fully during rituals
- ☐ I want to serve or lead with elegance and intention
- ☐ I want to bring more mindfulness into my dynamic
- ☐ I want to be part of a tradition that values excellence


#### **Summary Activity: Your Why**

Complete the sentence below to ground your purpose:

**“I am learning about High Protocol Dining because...”**

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