

Shamanic Journeying

Shamanism is one of the oldest practices on earth, utilized by indigenous peoples to connect with Spirit and nature. This modality may be used for healing, creation of healthy relationships and balance in all aspects of life, leading to wisdom and respect for all living things.

Introduction to Shamanic Journeying Sunday, August 22, 10 am - 4:30pm

This class will focus on learning to journey. We will talk about shamanism, the 3 worlds/levels of reality, and how to build a shamanic mesa (altar.) We will take journeys to obtain a primary power animal and to meet our primary guide called our gatekeeper. Fee is \$95. A deposit of \$50 will reserve your space, with the balance due at class.



Advanced: Using Journeywork for Self-Healing & Development Sunday, August 8, 10 am - 4:30 pm

Focus will be on why and how to create sacred space, journey for self-healing using specific shamanic techniques, boundaries and ethics of facilitating healing. Please bring items to construct a healing mesa and honor the 4 elements (earth, air, fire, water), plus any sacred items and personal healing tools you would like present. Prerequisite: Introduction Class.

Your Instructor Crystalla has been practicing shamanic healing for over 15 years, with 5 years of training in California. The basic shamanic modality taught was derived from the teachings of a Paiute medicine man as well as other elders, including a grandmother from the Tule Indian reservation. Over the years, she added other modalities, including Reiki, Sanskrit mantras, crystals and toning. She received Master Attunements in both Usui and Sai Baba Reiki.

Registration: Class fee is \$95 per class, with a \$50 deposit required.



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