

Ancient
Teaching
Sacred
Living



How do we learn to thrive in these changing times?

The Essentials of Shamanic Journeying

1-Day Workshop \$125

Remembering the ancient medicine to heal ourselves, our communities, and our planet gives us practical ways to flourish in our daily lives. Through shamanic journey and ceremony, we experience earth-centered, spirit-connected practices. Just like the moon and the sun live in harmony in the heavens, we can be a reflection of that harmony here on earth.

—August 7, 2010—

Saturday

9:30 am – 5:30 pm

Register at 505-474-4228

Email: cpollardtiger@aol.com

Location directions will be sent via email upon registration confirmation

—Join us in Circle to—

- Explore the basic principles of shamanism
- Learn the essentials of shamanic journeying
- Establish a direct connection to your helping and compassionate spirits.

This spiritual practice helps you find your own guidance and answers, experience connection in community, and live within the earth's sacred balance.

Please bring a blanket, scarf/bandana to cover your eyes, drum or rattle, and journal and pens.

—Led By—

- Charlotte Pollard has explored the path of indigenous wisdom for 16 years. She is a student of Jose and Lena Stevens and indigenous healers in Peru and Mexico. She has trained with Victor Sanchez, Don Miguel Ruiz, Sandra Ingerman, Betsy Bergstrom, and others. Charlotte is founder of One Heart, Many Rhythms a social profit organization that works in partnership with first peoples of the world to conserve and express the traditions of their cultures.
- Hannah Quinn D.O.M has studied and practiced shamanism for 14 years. She is a graduate of the Foundation for Shamanic Studies three-year training in Advanced Shamanic Studies. She has trained extensively with Sandra Ingerman, Betsy Bergstrom, and others in core shamanic practices and healing methods. Hannah is a Shamanic Healing Practitioner and a retired Doctor of Oriental Medicine.

Both are graduates of Sandra Ingerman's two-year Shamanic Teacher Training Program shamanicteachers.org.

For more information or questions, please contact

Charlotte Pollard at 505-474-4228 or Hannah Quinn at 505-986-9263