**INTRODUCTION TO SHAMANIC HEALING and SHAMANIC JOURNEY**

**With Linda Hogan**

**Sacred Drum, Dance and Chanting later in evening with**

**Alan Stonewolf**



Saturday, January 26, 2013

3:00pm – 5pm

The Sweet Retreat 1460 Main Road, Westport, MA

Price:$35.00/per person

Since ancient time, shamans have accessed the wisdom of the natural world, spirit guides and higher dimensions through shamanic journeying. Join us to learn about the tools of shamanic healing and what it means to follow a shamanic path.

The shamanic journey can be used to find your animal totems, plant spirit allies, spirit guides and answer to your deepest questions. ... Using the rhythm of the drum or rattle and voice, Linda will guide you on a journey to meet your own power spirit. This is the one spirit which stays with you throughout your life and helps to guide you on your soul’s path.

Linda Hogan has been connected to and working with Mother Earth since a child. She has lived and studied with Native America Medicine People and Elders, Shaman from Peru and Brazil, as well as,

Tibetan Healers, Elders and Mystics. This class is a pre-requisite for any future shamanic training with Linda Hogan.

$35.00 due in advance to reserve your spot. Please contact Leah at The Sweet Retreat (508-636-1230) in advance to register. Please bring a pillow, blanket and exercise mat. Visit www.thesweetretreat.org or email info@thesweetretreat.org for more information.

Pack a dinner because this event will be followed by a : TRIBE EARTH DRUM/DANCE CIRCLE and SACRED SOUND BATH CHANT with Alan Stone on Sat. January 26th, 2013 at 7:30pm at The Sweet Retreat ...

Come join us for an evening of drumming and dancing. We will be having this circle inside at The Sweet Retreat on 1460 Main Road in Westport, MA where there is a lot of Native American energy.

The drum circles are always unique, healing, creative and meditative. There is a sense of community and oneness. Your noisy mind gets lost amongst the beat and you are able to find stillness and have a joyous time. If you can come and make it for the whole evening that is great, or if you can only make it for a couple hours that is fine too. The beat is somewhat loud so even without any experience with drumming you will still find the rhythm. There will be drums available along with rattles or feel free to bring your own drum.

\*Access your Inner Rhythm \*Release Stress \*Enhance Self Esteem \*Build Community \*Celebrate Life \*Enhance Clarity & Focus \*Invigorate & Integrate Mind and Body ~ Drumming is a fun communal activity that brings people together. It is a participatory art that expresses culture which values diversity, honesty, self-expression, and growth.~ Dancers Welcome to come free your Spirit in a non-judgmental atmosphere ...

Free Drum lesson 7:30 - 8:00 PM

Drum and Dance from 8:00-10:00PM

Sacred Chant Sound Healing (to be held indoors) from 10:15PM-11:15PM

Reservation required since indoor space is limited.

Cost: $15

If you have any questions or would like to reserve your place please contact Leah at 508-636-1230

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