

Breathe into Painting

Join us as we enter sacred space and shamanic time to deeply explore our most authentic inner truth and open to the flow of our heart wisdom. Now is the time to connect to the spirit of self-acceptance, love and wisdom in your life.

SHAMANIC BREATHWORK

Saturday, November 7
10am - 5pm

The **Shamanic Breathwork™** Process takes you on a journey deep into yourself using simple but powerful breathing techniques and evocative chakra-attuned music. Led and directed by your own inner Shaman healer, you will use ancient practices together with modern psycho-spiritual processes to tune into and connect with your own deepest knowing. The experience also includes focused body work, mandala art, intentional ritual and group sharing that helps you integrate and apply your healing experiences to everyday living.

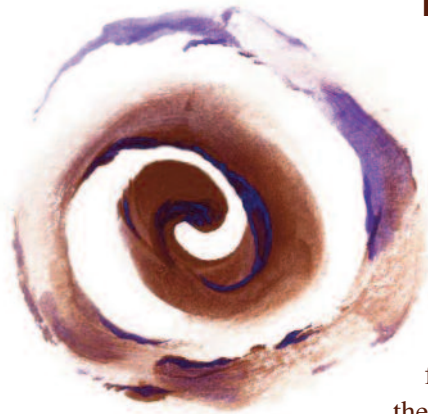
Learn more about Shamanic Breathwork™ by visiting www.shamanicbreathwork.org.

Fee: \$100*



Your Facilitator – Joan Jarrett is certified as a Master Shamanic Breathwork™ Facilitator by the Venus Rising Institute for Shamanic Healing Arts. Joan is a Reiki Master, Shamanic Reiki Master and also has been trained in Reconnective Healing™,

Transforming Cellular Memory™, shamanic arts and journeying, circle facilitation and mandala healing work.



PAINTING FROM THE SOURCE

Sunday, November 8
10am - 5pm

In **Painting from the Source™**, emphasis is on the *process* rather than the product. Experience the mystery and magic of this creative process as you use thick, luscious tempera paint, allowing your deepest authentic expression to come forth. As you surrender again and again to the organic nature of the process, your painting will transform, as it is also a reflection of the transformation occurring within you. Expand on your breathwork mandala or meet the blank page once again...either is your doorway into the infinite flow of Source which is awaiting your hands and heart.

All materials are provided and *no artistic experience is necessary*.

Fee: \$120*

Your Facilitator – Pamela Hawkins is an artist and art medicine woman. As a certified practitioner of *Painting from the Source* she creates safe and sacred space for others to journey through their own creative process. She offers an accepting presence and gentle guidance as you move through the cycles of birth, death and rebirth, the cycles of creation and Life.



What to Bring — Bring an open heart and mind, a pillow, several blankets, sleeping bag or soft comforter, and cushiony pad if you have one. If you desire, bring a special object for the community altar. Please wear comfortable clothing and bring a light lunch, bottled water and any snacks you might need.

You may register for either or both workshops.

*** Attend both workshops for only \$187! (a 15% discount).**

Location: Casa de Crea, 600 West Bethel Drive, Columbia, MO.

Please contact Royda Crose at royda@lifecycles.net, www.lifecycles.net or 573 881-0522 for more information or to register. A \$50 deposit will hold your space!