



SHAMANISM PART I: THE JOURNEY

A Path to Power and Healing

**March 26-27, June 11-12, September 17-18,
2016**

In this experiential workshop, you will be introduced to some of the basic methods used by shamans to enter non-ordinary realms, obtain hidden knowledge, answer personal questions, and receive healing for yourself and others. The training will focus on the key ingredient of shamanism – the journey -one of the most remarkable visionary methods used by humankind to explore the hidden universe known mostly through myth and dream. Aided by drums, rattles, ceremony and sacred space, you will be initiated into journeying, where you may meet Spirit Teachers and Power Animals who can give you insights to regain personal power, balance, and harmony . Other practices include a method of divination, long distant healing, and shamanic drumming, dancing, and singing. You will experience connecting to the “web of life” through ritual and ceremony throughout the

weekend. **No experience or belief is necessary -only your imagination and curiosity.**

WHEN: Saturday 9AM-5PM, with various breaks throughout the day. Sunday 9 AM-4PM. I recommend you bring your own lunch each day. Beverages will be provided. Alternate schedule may be Sat. 9-9; Sun. 10-2.

WHERE: Jeffersonville. NY. Some housing and camping -available. Specific location to be announced.

COST: \$195, if received 30 days prior, thereafter \$225. To reserve your place please send either full payment or a deposit of \$50 (refundable with notice) in a check or money order. Please make sure your name, address, telephone/email address appears on or with the payment . Please include “Shamanism, (Workshop Date),” and send to Cynthia Crisp, P.O. Box 597, Jeffersonville, NY 12748.

WHAT TO BRING: A rattle and/or drum, a bandana or eye cover, a cushion, and a pen/ paper to record your journeys. Wear loose, comfortable clothing, with a rain gear/jacket for outdoors. Bring rock size of grapefruit.

Cynthia Crisp, BA, LMT, has over 39 years of experience in the Performing and Healing Arts as an actress/singer, teacher, healer, and Massage Therapist. Since 1993 she has studied and practiced shamanism with many indigenous shamans from North and South America and Europe. She completed the 3 Year Advanced Training with Michael Harner at The Foundation for Shamanic Studies. Cynthia is a graduate of Sandra Ingerman’s Teacher Training Program and is also authorized as a Medicine for the Earth Teacher, with a private practice in NYC and the southern Catskills. She has taught meditation, martial arts, massage, and shamanism throughout the northeast and in Alaska.

To register or for more information, please contact Cynthia

☐ Info@Catskillmountainspirit.com ☎ 917-797-9834