

Shamanic Journey & Drum Making

Presented by
*The Goddess Festival
& Igniting Spirit*

Shamanism has experienced a resurgence in recent years as many seek to form personal, spiritual connections and identities beyond the tenets offered by traditional religions.

On an individual level, these practices can be easily integrated into daily life for improved health, emotional balance, and a stronger connection to Spirit. On a community level, these practices promote building relationships and joining together in ritual and ceremony.

This type of healing and strengthening can change the world's culture by reshaping our collective spiritual identities to include a common understanding of the natural and spiritual worlds.

In this workshop, you will learn the basic skills necessary to journey to non-ordinary reality with the help of your spirit guides and power animals, and create your own Native American hoop drum. There will be an optional drum-opening ceremony scheduled after the workshop.



Saturday, March 13

\$200-250
Sliding Scale

**Drum Opening
Ceremony**

Sunday, March 14

www.ignitingspirit.com

This workshop is experiential in nature.

It is suggested that participants bring something comfortable to sit or lie down on, and something with which to cover their eyes.



Karen Hefner

After studying, experiencing, and practicing alternative modes of healing and shamanism for the past decade, Karen has dedicated herself to being in service as a catalyst for personal growth, expansion and healing. She is an Associate Teacher for the LightSong School of Shamanic Studies, an Usui/Tibetan Reiki Master, a Certified F.I.R.Ewalk Facilitator, and holds Master's degrees in Science and the Arts. She is also an ordained minister, cancer survivor, mother, and grandmother.

Karen's intention is to assist clients and students in finding their soul's path, their true self, their source of power and freedom.

Contact karen@ignitingspirit.com or call 503-936-9367