

Join us for an Introduction to Shamanic Journey

With
Carl Golden

Introduction to Shamanic Journey is a one-day workshop designed to introduce students to the ancient art of *trance journey*, which should not be confused with astral projection. Students will be instructed in the three-world Shamanic worldview, and what to generally expect in each world. There will be extensive practice in journey work, as well. Each workshop participant is expected to openly share the contents of his or her respective journeys because the learning of all workshop participants is greatly enriched by the sharing of individual experiences, especially challenging experiences. Remember that the shaman is the wounded healer whose heart is broken open so that the world may pour in and the love and healing may pour out.

Date: December 10, 2016

Time: 8:30 a.m. to 5:00 p.m. (with an hour lunch break from 12:00-1:00 p.m.)

Cost: \$30 (registration starts at 8:30 a.m.)

Location: Sanctuary Woodinville, www.sanctuarywoodinville.com (exact location and directions provided upon RSVP)

To register: Contact Carl Golden at (206) 778-4465 or email bodymindspiritdojo@gmail.com



Carl Golden has a B.A. in religion and philosophy with a concentration in mystical studies from Virginia Tech, a M.S. in environmental studies with concentrations in environmental philosophy and ecology from Antioch New England Graduate School, and a M.A. in Counseling Psychology from Argosy University, Seattle. He is a psychotherapist in private practice. He has extensive experience in meditation and Shamanism. Also, he is an ecologist, activist, writer, teacher, and spiritual mentor.

For more information, please contact Carl.