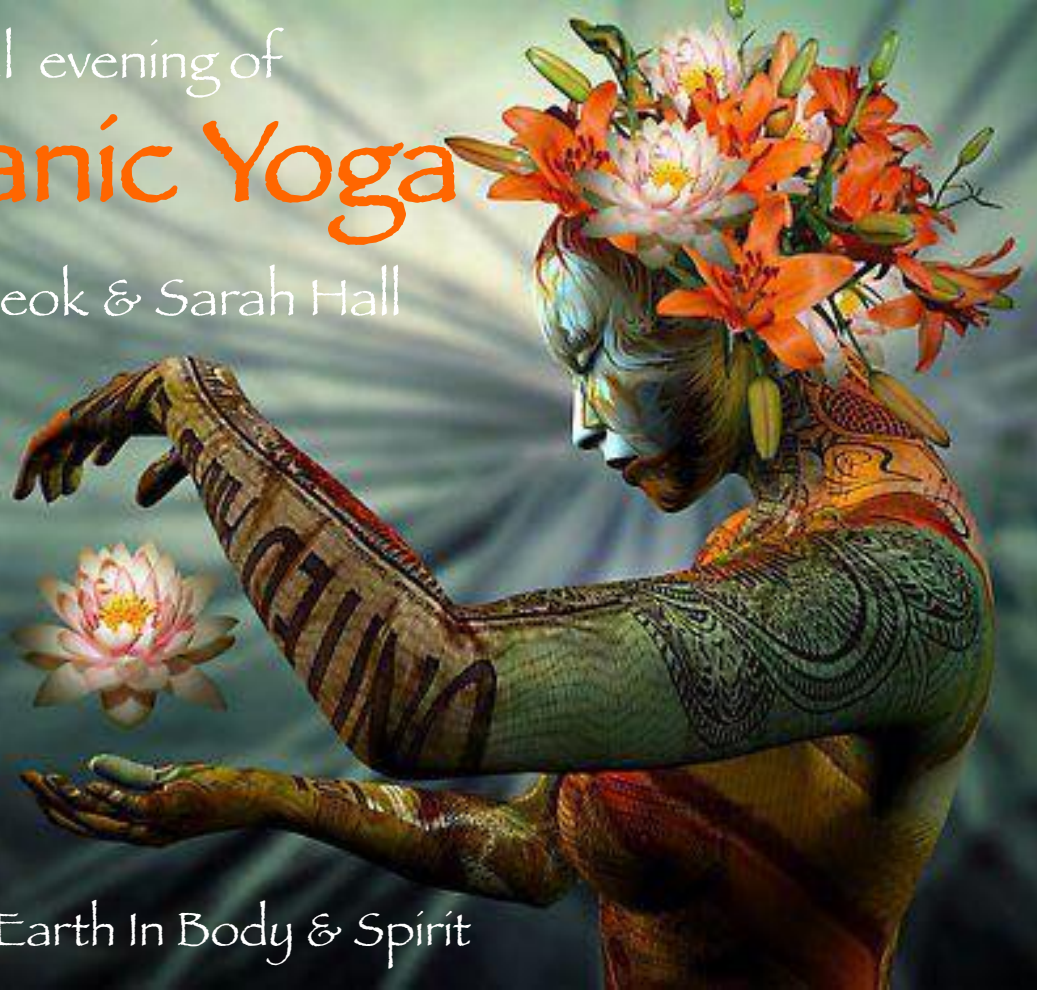


A magical evening of
Shamanic Yoga

with Erica Cheek & Sarah Hall



Connect With Earth In Body & Spirit

Friday, May 18

7:30PM-9:00PM

\$30 per person (\$35 at door)

Join us for an evening of Shamanic Yoga presented by Erica Cheek (E-RYT500) and Shamanic Healer Sarah Hall. Shamanism is an Earth-based mode of spirituality that helps us grow on our spiritual path through communing with the divine power and wisdom of the Earth. As the Summer Solstice approaches, breathe new light, power and love into your path to let your spirit dance with the transformational energy of the season.

Shamanic Yoga is the ancient practice of Yoga placed in an opening of Shamanic sacred space, inviting and invoking transformation and deepening of the heart of our spiritual practice. Yoga and Shamanism combine to help us delve deeper into our connection with Mother Earth for healing on physical and emotional levels.

Breathing techniques, invigorating asana, mantra and energy work are all used, along with journeys and visualizations. Shamanic Journeying is a deeply meditative practice akin to astral projection and lucid dreaming to heal and connect us deeply with the Earth in body and spirit.



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