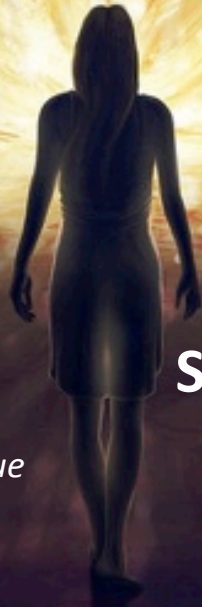


# Shamanic Soul Retrieval

with Shaman Joe Pahl



**Saturday, November 18**

*A Sacred Shamanic Healing Technique  
To Restore Balance And Harmony*

**12:00PM-6:00PM  
\$125 per person**

Most of us feel something is missing in our lives at one time or another. Either that, or we simply do not feel we are truly *in* our lives. In Shamanism, the overwhelming focus, then, turns to soul loss. When we undergo trauma, major trauma or minor trauma, our soul can split and part of us can leave. We experience this as a loss of energy and power, with all its attending manifestations: depression, addiction, feelings of isolation and aloneness, general lack of energy and enthusiasm, and/or the resulting physical manifestations of a variety of autoimmune disorders.

In indigenous societies, the Shaman is then tasked with journeying into the spirit world to retrieve those lost soul pieces. In this one-day intensive workshop, Shaman Joe performs a soul retrieval while also teaching you how to do this work for yourself. You will learn:

- How to retrieve those lost soul pieces
- Once realized and retrieved, how to nurture them and keep them to bring us back fully into our lives
- How to help make us whole again so that we may move forward in loving harmony

Join us for a sacred ceremony where we will walk together to reclaim our lost soul fragments, supporting each other to embody our originality and call back our power, allowing ourselves to be truly seen and held in who we are. Heal your soul and life takes on new meaning. Connecting on a soul level is part of the miracle of our Earthwalk.

Space is very limited to allow both group and one-on-one attention to perform, process and heal as part of the personal soul retrieval work each participant will experience.

**Pre-register early as space is limited:**

<https://www.updogyoga.com/workshops/rochester-workshops>



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