

# Shamanic Journeying

*A one-day class to learn basic shamanic skills led by Ana Larramendi*

*Sunday, June 11, 2023. CLASS HOURS: 9:30am to 5:30pm*

Located near rural New Glarus, WI

The Shamanic Journey is altered spiritual state that enables the shaman to communicate with helping spirits and receive spiritual information. Hank Wesselman PhD, a Paleo Anthropologist, wrote in his book, "*Awakening to the Spirit World*"; "All true shamans... possess the ability to go into trance very easily, which allows them to make contact with the Hidden World. Trance in this sense is not an unconscious state, but rather a state of expanded consciousness in which the individual intentionally 'shifts' his or her focused attention away from the everyday world and enters into the alternate realm of the Spirits"

The practice of shamanic journeying is an ancient method of accessing spiritual wisdom by developing a means of communication with helping spirits and animal allies. In this workshop we will learn certain core principals of shamanic journeying which will enable us to meet with our helping spirits, communicate with them, and receive personal and profound information for guidance and inspiration. These tools can be used for personal growth as well as healing of the self and others. If you are curious about shamanism and would like to have an opportunity to learn this ancient visioning practice, join us for a wonderful day of journeying and exploration!

## What to expect:

- An overview on the history of shamanism and understanding the cosmology of the spiritual realm from a shamanic perspective.
- Discussion on creating sacred space and ceremony.
- Guided journeys to meet your Power Animal and Spirit teacher.
- Learning your personal journeying style using your different, "Spiritual Senses".
- Learn how to decipher symbols and messages in your journeys.
- Learn a journey to your helping spirits for self-healing.
- Practice simple healing journeys for a partner.

What to bring: a journal and pen, a bandana to cover your eyes, warm socks or slippers for indoors, and your own curiosity and enthusiasm!

Cost: \$150 includes Tea and Lunch. Payment can be made with check, MC, VISA, DISCOVER, AMEX and PayPal. For more information contact Ana Larramendi: 608-255-4333 or email: [anawasi2022@gmail.com](mailto:anawasi2022@gmail.com)

**CLASS SIZE LIMITED TO 10 PEOPLE. Register early!**

Arrival: Please arrive between 9:00-9:15am Sunday, the day of our class, to check in. **Class will start promptly at 9:30am.**

*Ana Larramendi is a shamanic practitioner, teacher, minister, public speaker, wilderness enthusiast, and ceremonialist who has been studying and practicing shamanism since 1989. She is an initiated mesa carrier in the Inka tradition, and is a board member of the Society for Shamanic Practice, [www.shamansociety.org](http://www.shamansociety.org). Ana has a private healing practice, and teaches numerous workshops on the subject of Shamanism. More of Ana's work can be seen at her website: [www.thehollowbone.com](http://www.thehollowbone.com)*

To Register by Email: Copy all the registration information below (remember to include your dietary preference) and email that information to Ana at: [anawasi2022@gmail.com](mailto:anawasi2022@gmail.com) Specify if you wish to pay your deposit with PayPal or a credit card and I will follow up with you for payment. You can also email me and ask to set up a time for me to take your registration information over the phone.

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Dietary preference: Omnivorous, Vegetarian, Vegan. List any food allergies/intolerances: \_\_\_\_\_

Once payment is received, I will confirm your registration with an email and send you directions to **Anawasi**.

Cost of class \$150.00. (Make checks payable to The Hollow Bone) call 608-255-4333 for credit card registration. Sponsored by The Hollow Bone

**\*\*\*At this time, I am asking that students attending are vaccinated for Covid-19 and agree to take a home Covid-19 test 24-48 hrs. before class begins. If you test positive before arriving, your class payment will be fully refunded\*\*\***