

Shamanism

Introduction to **The Shamanic Journey**

Shamanism is the oldest form of spiritual practice, dating back tens of thousands of years. In this introductory workshop we can experience the ancient shamanic journey. The classic shamanic journey is one of the most remarkable visionary methods used by mankind to explore the hidden universe otherwise known mainly through myth and dream. Aided by the heartbeat of the drum we will enter into a shamanic state of consciousness and explore a limitless universe where we will meet our own divine helpers. This ancient form of divination celebrates the connectedness of life. Meeting for the three sessions will allow us to discover and explore the shamanic landscape. In this experiential workshop participants will learn how the journey is utilized to restore power, health, and how shamanism can be applied in contemporary daily life to help heal oneself, others and the planet.

DATE- March 13th, March 27, and April 10th (Saturdays)

TIME- 3:00 – 5:00 pm

PLACE – Dr. Tom's Tonics-6384 Mill Street, Rhinebeck, NY

COST- \$50 per session (\$150.00 for the 3 sessions)--A \$50 deposit is asked to hold's one's spot for the three sessions and the remainder is payable at time of first session.

What to bring- a journal, eye- cover, blanket, warm socks, drum or rattle (if you have one), and a sacred object

Please call to reserve your place in this workshop. For any additional information you can contact Dr. Tom's Tonics at **845-876-5556**.

FRAUKE ROTWEIN has studied extensively in shamanism for over a decade, exploring many different approaches, including Tibetan, Celtic, South and North American shamanism. She is a graduate of Michael Harner's Three Year Advanced Program in Shamanism (The Foundation for Shamanic Studies). She is listed on Sandra Ingerman's website (shamanicteachers.com) for shamanic practitioner referrals. Frauke has a private practice in Montgomery, N.Y. where she sees individual clients, forms drumming circles, brings small groups to visit local sacred sites, offers classes, advanced trainings and workshops in shamanism. She has recorded 3 shamanic drumming CDs and has published a booklet "Introduction to Shamanic Journeying", which includes her shamanic drumming CD. Frauke has been on staff at Omega Institute, as a shamanic healer, since 1995.