

# Shaman Ceremony



During this exceptional day, Michelle, -who was personally trained in Peru by the indigenous Q'ero Master Shamans, direct descendants of the Inkas-, will share the principles of Andean shamanism. She will teach us how to:

- open sacred space
- Find our power animal
- Explore our shadows
- Create altars to empower our life
- Care for our drum and turning it into a magical tool of power
- Journey and work with our dreams
- Create a mask and learn the principles of shapeshifting.

Kindly note to wear black (or dark) comfortable clothes and not plan any evening event. The day will end around 6 PM and you will want to get a good night's sleep to integrate what we covered.

Kindly bring:

- a drum
- a rattle
- a large sheet of colored paper or a paper plate
- glue stick
- scissors
- elastic band (long enough to go around the back of your head, to attach the mask to your face)

- a stapler with staples
- double sided scotch tape
- crayons, colored pencils or markers
- yarn, glitter, decorative items
- a large bag for picking items in nature
- your lunch
- 1 cup of sea salt (at home for your bath Tuesday night)