

A DAY BY THE BAY



Introduction to Shamanism

Come celebrate the Fall Equinox by the bay!

- Learn about shamanic healing principles and transformational benefits
- Experience centering and calming meditation you can use everyday
- Dive into your creativity as you create a sacred mandala for the Earth
- Participate in a Peruvian despacho or gratitude ceremony to bring balance and harmony in to your life

Location: 808 W. Lake St, Tawas, MI

Date: September 22, 2018

Time: 10am to 3 pm

Parking: Across street at Gateway Park parking lot

Lunch: Organic Turkey Chili, water, and utensils provided, please bring complementary organic foods of your choice to share

Cost: \$20

Contact: Bev Cook by text or phone @ 989-255-5931 by September 15, 2018