



SHAMANISM PART I: THE JOURNEY

A Path to Power and Healing

July 23-24 or October 22-23

In this experiential workshop, you will be introduced to some of the basic methods used by shamans to enter non-ordinary reality, obtain hidden knowledge, answer personal questions, and receive healing for yourself and others. The training will focus on the key ingredient of shamanism – the journey - one of the most remarkable visionary methods used by humankind to explore the hidden universe known mostly through myth and dream. Aided by drums, rattles, ceremony and sacred space, you will be initiated into journeying, where you may meet Spirit Teachers and Power Animals who can give you insights to regain personal power, balance, and harmony in your life. Other practices include a method of divination, long distant healing, and shamanic drumming and dancing. You will experience connecting to the “web of life” through ritual and ceremony throughout the weekend. **No experience or belief is necessary - only your imagination and curiosity.**

WHEN: Saturday 9AM-5PM, with various breaks throughout the day. Sunday 9 AM-4PM. I recommend you bring your own lunch each day. Beverages will be provided.

WHERE: Jeffersonville area - the specific location to be announced. Housing and camping are available at reasonable rates.

COST: \$200, if received by July 4, thereafter \$225. To reserve your place please send either full payment or a deposit of \$50 (refundable with notice) in a check made out to Cynthia Crisp. Please make sure your name and address appears on the check and “Shamanism, (July or October).” Please send to Cynthia Crisp, P.O. Box 597, Jeffersonville, NY 12748.

WHAT TO BRING: A rattle and/or drum, a bandana or eye cover, a cushion, and a pen and notebook to record your journeys. IT is best to wear loose, comfortable clothing, with a jacket for outdoors.

Cynthia Crisp, BA, LMT, has over 36 years of experience in the Performing and Healing Arts as a performer, teacher, healer, and Massage Therapist. Since 1991 she has studied and practiced shamanism. She has studied with many indigenous shamans from North and South America and Europe. She completed the 3 Year Advanced Training Michael Harner at The Foundation for Shamanic Studies. Cynthia is a graduate of Sandra Ingerman’s Teacher Training Program and is also authorized as a Medicine for the Earth Teacher, with a private practice in NYC and the southern Catskills. She has taught meditation, martial arts, massage, and shamanism throughout the northeast and in Alaska.



To register or for more information, please contact Cynthia Crisp, Info@Catskillmountainspirit.com or call 917-797-9834.