



Presents

## Monthly Shamanic Drumming Circles 2016

February 6

March 5

April 2

May 7

June 4

July 2

August 6

September 3

October 8

November 12

It is common to find a regularly scheduled gathering called a Drumming Circle, comprised of members of the community who come together to practice shamanic ceremonies for the well-being of the circle, their families, and the larger community. It is essential that participants have some journey experience and bring a drum or rattle, the instruments that help create an altered state for journeying into the non-ordinary worlds where healing and wisdom is accessed through connection with spirit. Some of the shamanic ceremonies that might be practiced in a Drumming Circle are Journeying, Singing and Dancing, Soul Retrieval, Psychopomp, Healing Individuals, Healing Water, Working with the Spirits of Nature, Healing the Earth, Learning from the Weather Spirits, etc. I, Cynthia Crisp, have been a shamanic teacher and practitioner for many years and it is my intention to form a Drumming Circle for the well-being of the community in Sullivan County. There is no fee for these events. Donations are always welcome. In the beginning I will be happy to teach participants how to “journey,” and will facilitate the use of drums and rattles for the purpose of ceremony. Each Gathering will run from 7PM-9PM, unless we start with a potluck dinner at 6PM, and will be held at my property in Jeffersonville, NY.

**Please call or email Cynthia Crisp for further information and to reserve a space at the Circle –  
845-482-5521 – [Info@Catskillmountainspirit.com](mailto:Info@Catskillmountainspirit.com)**