



# Shamanic Workshop

**10am - 5pm, Sunday 6 December**  
**25 Donaldson Rd, Kangaroo Ground**  
**Cost: \$150 for the day**

In this day workshop you will learn the shamanic technique of journeying. This is possibly humanity's oldest form of spiritual practice. It is still relevant today and is a powerful technique, which can be used in a many ways. Some experience in meditation preferred.

**Bookings essential**  
**Contact Magaer Lennox**  
**5237 9248 or 0428 931 414**

See [www.firebirdspirit.com](http://www.firebirdspirit.com)