



SHAMANIC JOURNEYING

One day course.

Cost £85 earlybird. 4 spaces only. 9.45-16.30

Upcoming dates – on request.

Location – Yatton, North Somerset BS49 4QG

This one-day course will act as in-depth Introduction to Shamanic Journeying and how to safely use it for yourself. If you are an existing Practitioner this may also act as Refresher Day – a look at it from a different perspective, or a day just for you.

Level – please have some experience of Journeying and Meditations as although everything is explained you may get a little overwhelmed with so much work in one day.

COURSE COVERS:

- What Shamanic Journeying is, and how you can achieve it.
- Safety and Intention (vital!).
- What you need to do and different shamanic practices.
- What it means to Journey to the different realms and how they relate to the brain.
- Lower World – what it is, and experiencing Journeying to (and back!).
- Upper World – what it correlates to and experiences.
- Middle World – what it correlates to and experiences.
- Journeying to Live drumming and rattle – what differences you feel. How to use recordings.
- Power Animal – how to find one and how to interpret. Resources. Familiars. Totems.
- Therapeutic use – why we do it and what we want to achieve.

I teach with a sense of humour, but like to keep everything grounded and safe. Having been a Therapist for 25 years I have found quite a few tips along the way and often weave my own life experiences into the teachings. Please ensure you give yourself time to assimilate after the day as these often are life changing!

All items required for the course will be provided, including refreshments at breaks. Chairs... BRING – lunch. Bed roll, socks, (no shoes in the room please) mat, blanket etc, everything you need for lying on the floor. Plus notebook and pens for your Journeying Journal. 4 spaces.

Please be aware of others and desist from wearing perfume. Let me know of any allergies, health issues (chairs are available if you cannot lie on the floor). We will be using smudging and incense. House is shared with my very friendly terrier.

LEVEL – Previous experience of Journeying and/or meditation – please ask of unsure.

STUDY – Notes provided and additional resources. Certificate of Attendance.

To Book – please contact Nina at Nina@NinaDungey.com or 01934 876234 to check availability.