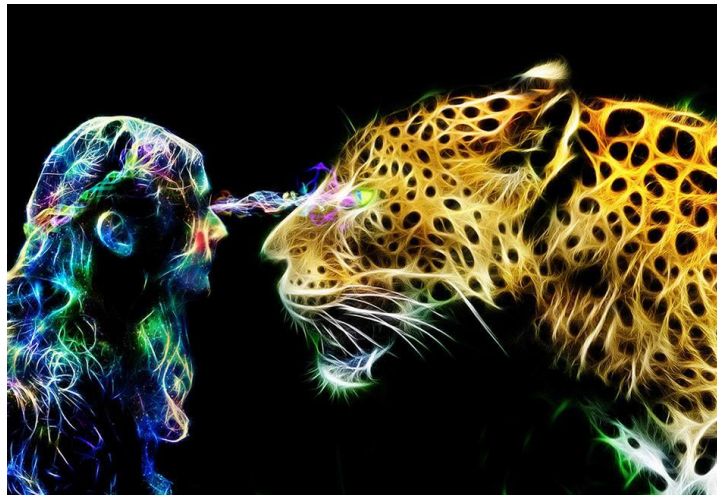


# Meet Your Spirit Animal:

## A Drum Guided Shamanic Healing Workshop with Shaman Jay



Shamanic Spirit Journey –You will: Embark on a journey to the spirit world in this drum guided meditation. Experience the ways of shamans and medicine men from all over the world, and how they communicate with their spirit guides. Learn how to communicate with your power animal and connect to the spirit world, and how to bridge this information back to your everyday life. Understand the wisdom and medicine of your totem guides.

Shape-shifting, Transmutation, and Transfiguration --- Metamorphosis is a strong impetus for growth, it aids us in changing ourselves, our perceptions of the world and our relationship with the world. When working with animal spirits and energies, it is possible to consciously employ metamorphosis in the form of shape-shifting. Shape-shifting can be magically understood as being the ability to change and shift the thoughts and perceptions we usually inhabit. Through the processes of inviting the spirit energy to become a part of us, we shift and change our own understanding.

Hosted by Simon Jay, Shamanic Healing Workshop is a series focusing on healing the mind, body & spirit. By developing our inherent healing abilities, awareness to the world around us, participation in our co-creative manifestation, we bridge a stronger bond of connection to source and spirit world. This class will focus on learning about Shamanic techniques and how to implement them into your own healing practices.

\$25 Early Bird Investment \$30 after May 10<sup>th</sup>

*About Shaman Jay: Native to the Philippines, Simon Jay a.k.a. "Shaman Jay" was raised and taught by his grandmother who was a "Hilot/Babaylan" meaning she was the family/community healer, elder sage and soothsayer. Jay came to America to master energy healing, crystals, sound therapy, Reiki, and aromatherapy. His specialty is working with shamanic healing and ceremonies. Today Jay is a painter of visionary art and a sound healing musician/therapist with over 10 years of musical experience. He is a student of the Chicago Shaolin Temple and leads qi gong/tai chi classes.*

**Monday, May 13<sup>th</sup>, 2019 ~ 7:00pm -9:30pm**

Workshop held at Sacred Path Yoga Studio: 1146 W. Jefferson St., Shorewood IL 60404 (Located in the Hammel Creek Commons Shopping Center)  
To register please log onto [www.sacredpathyoga.com](http://www.sacredpathyoga.com) & click "Enrollments" tab. For more information, email [info@sacredpathyoga.com](mailto:info@sacredpathyoga.com).

Please note all workshops are nonrefundable and nontransferable.