



Bridging Shamanism with Traditional Medicine

Shamanism is an ancient healing practice that is at least 30,000 years old. Still practiced worldwide in a variety of cultures, shamanism encourages physical and psychological healing by treating the spiritual causes of pain or illness. Acupuncture, Tibetan Medicine, Aromatherapy and many other modern medical traditions can all trace their origins back to shamanism. Now Western Medicine is rediscovering its benefits. Join Karyn Armstrong and Kristi Vaughn, shamanic healing arts practitioners, in a series of three hour 4 week workshop series that explore Shamanism as medicine for the soul. You will learn practical shamanic tools that can be used in every day life.

The workshops & dates: Pre-requisite for the series is the ability to journey successfully, consideration given to those who have successfully completed a Basic Shamanic Journey Class.

Provider approved by the California State Board of Registered Nursing, Provider Number CEP14509

<i>Shamanic Journey</i>	<i>Feb 6, 13, 20 & 27</i>
<i>Extraction, Dismemberment & Merging</i>	<i>Mar 19, 26, April 2, 9, 16 & 23</i>
<i>Death & Dying</i>	<i>Sept 17, 24, Oct 1, 8, 22 & 29</i>
<i>Shamanic Art Initiation Intensive</i>	<i>June 8th through 13th</i>

Location: Body, Mind & Spirit...A Wholeness Center
6491 SW Capitol Hwy
Portland, OR., 97209

Time: Wednesdays 6:30 –9:30 pm

Cost: \$195.00/ 4 week session, \$275.00 for 6 week sessions
To reserve your space send \$50.00 non-refundable deposit per session payable to Harmonic Visions mailed to 1314 NW Irving # 602, Portland, OR. 97209. For your convenience you can pay through paypal at www.harmonicvisions.com under events.

10% of all tuition is donated to Sandra Ingerman's Scholarship fund.

Karyn Armstrong & Kristi Vaughn RN ACNP are graduates of the Foundation for Shamanic Studies three year program and Sandra Ingerman's Teacher Training in Shamanism. They are Shamanic Healing Arts Practitioners and are sharing the transformational and healing powers of shamanism as a spiritual practice throughout the US and Canada.

To register or for more information, please contact karyn@harmonicvisions.com or 503-525-2521 www.harmonicvisions.com



Karyn Armstrong or Kristi Vaughn reserve the right to cancel any workshops or training courses or the participation of anyone, at any time for any reason. In such a case, fees paid in advance will be refunded except for the \$50.00 deposit.