



Workshop presented by:
Michelle Catalani-Stringham, HMSC
and Analouise Williams, Ph.D., NE

Time: Sat.-Sun., October 27th & 28th,
2007, 9:00 a.m. to 5:30 p.m.

Place: Eugene, Oregon –
Please contact Alida Birch (see below)
for more information, address and
directions, or an enrollment form.

Tuition: \$225 (\$200 if paid by
October 5th, 2007) \$175 for seniors
(65+), volunteer hospice workers, if
not obtaining CEUs

Continuing Education Units:
12 CEU units are approved for LCSWs
through NASW and LMTs through
Oregon Board of Massage Therapists.

Contact: Alida Birch
info@AlidaBirch.com **541.686.2023**

No previous shamanic journey
experience required.

What you will learn:

- That your death is inevitable
- The four basic pains of dying
- Healing tools for yourself
and others
- To develop a vision for your
own transition
- To draft a living will

*When someone is born we rejoice,
When someone is married we celebrate,
But when someone dies, we pretend
that nothing happened.*

– MARGARET MEAD

Dancing with Eternity

A Workshop on Death & Dying

Sponsored by the AnamCara Foundation for Living and Dying

Dying is inevitable; but we rush through life pretending it is not. Birth and death are life's two most significant spiritual and physical transitions. We all hope for a peaceful death, but have we really thought about what it is? Many of us are taking care of aging parents or have experienced the passing of loved ones, giving us a glimpse of this transition—and, sometimes, regrets and confusion about the dying process.

All cultures, religions, and spiritual traditions have developed practices to aid a peaceful dying. In the West, we come from diverse traditions, but live in a society that generally denies death.

In this workshop, you will begin to prepare for your own death, and learn how to assist others. You will participate in a holistic approach, ranging from external arrangements such as living wills, to some experience of the internal, emotional pains of the dying process. You will experience a brief introduction to the ancient shamanic spiritual tradition about death and dying. Individuals of all religious and spiritual traditions are welcome.

Michelle Catalani-Stringham has researched, studied, and practiced shamanism for over 30 years, and has been initiated into shamanic practices in 12 cultures. She is a certified shamanic counselor through the Foundation for Shamanic Studies, and has completed all levels of FSS trainings. She completed Sandra Ingerman's teacher training program, and received a certificate of completion in the Sacred Art of Living Program directed by Richard Groves in Bend, Oregon. She combines her shamanic practice with this training to serve as a spiritual assistant and educator for those interested in the sacred art of dying.

Analouise Williams PhD, NE, is an anthropologist, shamanic practitioner, and nutrition educator. She maintains an active practice of shamanic healing and nourishment coaching. She has more than 30 years experience directing health policy research and has studied shamanism for over 10 years. She completed Sandra Ingerman's shamanic teacher training course, and the Nutrition Educator program at Baumann College. She is a co-investigator on the first clinical trial of shamanic healing funded by the National Institutes of Health.



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*When the eye of the body is shut by death,
The eye of the soul opens to a far brighter light.*

– THE EGYPTIAN BOOK OF THE DEAD