



## SHAMANIC DANCE MEDICINE JOURNEY 2012

### Explore the seven sacred directions of the Medicine Wheel & the Sacred Sites of Glastonbury with ZELIA

This series of 6 shamanic Dance sessions takes participants on a wild and exiting adventure to discover the rhythms of life. Enter the spirit of sacred dance; encounter spirit vision, intuition, body wisdom, other dimensions, ancient wisdom. Journey though the energetic gateways located within the body and experience the Elements of Earth, Air, Fire, Water, and Ether and their living wisdom. After each dance ritual we will go out and converse with nature at sacred sites in Glastonbury, create ceremony, honour and give thanks with offerings.

#### Session 1 – Lower and Upper world

Sunday 18<sup>th</sup> March ~ 11.30am – 5.30pm

Visit the ‘Lower’ and ‘Upper’ worlds of the medicine wheel implementing shamanic dance journeying to find your personal Power Animal and Spirit Teacher.

#### Session 2 - Air

Sunday 29<sup>th</sup> April ~ 11.30am – 5.30pm

Shamanic Dance journey exploring the inspirational qualities of Air and the energy of the medicine wheel’s Eastern gate.

Walk to the top of the Tor to give thanks to the spirits of Air.

#### Session 3 - Fire

Sunday 10<sup>th</sup> June ~ 11.30am – 5.30pm

Dance the child within and experience the energy of Fire and the wisdom held in the South of the medicine wheel.

Create a sacred fire at Bushy Coombe and give offerings to the Fire.

#### Session 4 - Water

Sunday 12<sup>th</sup> August ~ 11.30am – 5.30pm

Shamanic dance journey into the deep space of water and the direction of the West, drink of its knowledge and wisdom.

Visit the White Spring to make offerings of Gratitude to the Spirit of the sacred Waters.

### **Session 5 - Earth**

**Sunday 9<sup>th</sup> September ~ 11.30am – 5.30pm**

**Dance with the spirits of Earth, embody the Wisdom held within the North of the medicine wheel.**

**Meditational walk around the Tor, proceeding to make offerings of gratitude to Mother Earth at the Dragons Egg.**

### **Session 6 - Ether**

**Sunday 14<sup>th</sup> October ~ 11.30am – 5.30pm**

**Empower your true and free spirit, Shamanic Dance journey to the Centre of the medicine wheel to explore the fifth element Ether.**

**Visit the Ancient Tree beings Gog and Magog to honour, give thanks and make our prayers to Great Spirit.**

**Shamanic Dance uplifts the heart and mind, energises the body and feeds soul, offering a personal space to explore one's connection to Spirit and the Earth. This is an empowering form of dance.**

**Venue ~ Glastonbury Assembly Rooms**

**Cost ~ £25.00 per session**

**A £20.00 discount offered for paying all 6 sessions in advance**

**Please Book with Zelia – 07807525724 / 01404 814016**

**email: [Zelia@mind-body-soul-medicine.co.uk](mailto:Zelia@mind-body-soul-medicine.co.uk)**

**Please Bring offerings and simple food to share.**

**[www.shamanicfrancedance.co.uk](http://www.shamanicfrancedance.co.uk)**

**[www.mind-body-soul-medicine.co.uk](http://www.mind-body-soul-medicine.co.uk)**