

Shamanic Tools for Healing Body, Mind, Soul, and Energy

Healing on Four Levels of Perception to Restore Our Light

Tentative Schedule

Day 1 Saturday 12/16/2023

- 10:15 am Arrival and Registration
- 10:30 am Opening Circle
 - Smudging Ceremony
 - Meeting the Plant People and Listening to their Teachings
 - Welcome and Introduction to the Weekend and Each Other
 - Passing of the Rattle
- 11:30 am Community Fire Ceremony
 - Loading the Sacred Pipe
 - Starting the Fire, Death Arrow, Spirit Arrow, Pachamama Stick
 - Thanksgiving Address and Setting Intentions
 - Creating safe and Sacred Space and expanding our Wiracocha
- 12:30 pm Intro to the Afternoon: Trauma, Wounds, Stories, and Shadow
- 1:00 pm Lunch - Dish to Pass
- 2:00 pm Building and Honoring the Medicine Wheel
 - Meeting the Stone People and Listening to their Teachings
- 2:45 pm Hampe Karpay, The Healer's Rite to Awaken Our Inner Healer
 - Introduction, Attunement, and Gifting of Hampe Karpay
 - Journey to Meet the Hampe Medicine People and Integrate the Rite
- 3:30 pm Q&A and Break
- 3:45 pm Discovering and Releasing Our Stories
- 4:30 pm Closing Circle with the Community Pipe Ceremony
- When done, Break until Dinner
- 6:30 pm Dinner - Dish to Pass
- 7:30 pm Movement through Cuban Casino and Rueda de Casino dances by honoring and invoking the Orishas

Day 2 Sunday 12/17/2024

- 10:00 am Arrival and Smudging Ceremony
 - Meeting the Plant People and Listening to their Teachings
- 10:20 am Morning Movement Practice
- 10:30 am Opening Circle, Gratitude, Intentions, and Creating Sacred Space
- 11:00 Resetting Fight / Flight / Freeze / Collapse Response
 - Decoupling Teaching, Demo, and Practice
- 12:00 pm Intro to Discovering and Releasing Karmic Loops
 - 4 Lifelines
 - Momentum Tunnel and Choosing Our Highest Destiny
 - Fire ceremony to Release
- 1:00 pm Lunch - Dish to Pass
- 2:00 pm Four Lifelines Practice
- 2:30 pm Holding Space Teaching and Practice
- 3:00 pm Ayni Despacho (Offering Ceremony)
- 4:00 pm Closing Circle with the Community Pipe Ceremony
 - The Prayer Ceremony