



SACRED CIRCLES
presents

LEARN TO JOURNEY
AT SUKHA YOGA & WELLNESS STUDIO

Location: Highpark House, Prior Park, St James
Date: Saturday May 12th 12.00pm – 4.30pm Cost: \$40.00

Indigenous peoples throughout the world live in harmony with Mother Earth and the Spirits of Nature and they communicate with the Elemental Kingdom and the Angelic Realms through a technique known as 'journeying' to receive advice, wisdom and healing for their families & community.

We too can easily learn this technique to help us lead a more meaningful life – how to move between the worlds and communicate with our own guides and spirit allies many of whom are animal spirits with the ability to empower and protect us.

During this short workshop we will:

- Explore the two Realms of Spirit – the Upper and Lower Worlds
- Learn how to Journey to these Worlds
- Meet and build a Relationship with a Power Animal and a Spirit Teacher

Please bring a mat or blanket to lie on, something to cover your eyes and a notebook.

To reserve your place or ask questions please email

Gay at sacred-circles@caribsurf.com or Tel 419 0595 / 231 5055

Sacred Circles: www.sacred-circles.net

Sukha Yoga Studio: www.barbadosyoga.com (directions to the Centre on the website)