



# SHAMANIC JOURNEYS & YOGA NIDRA FRIDAYS 6.30- 8.30 WITH SAMA

Four sessions

14 Sept

5 & 26 Oct

30 Nov

The Shamanic journey takes us to a rich tapestry of both personal and collective myths. Journey work is essentially practical, helping us to unravel problematics in everyday life as well as showing us a way to understand and read into the richness of the world we inhabit, beyond the limitations of our human mental constructs and assumptions. The journey work will be complemented with Yoga Nidra, the Yogic way to come in touch with deeper layers of our organic and spiritual realities. Soundscapes of instruments and voice will be our guides to open the gates to a magical world replete with possibility and revelation. Further your practice or start your journey here!

Book here:

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