



Shamanic Breathwork Workshop Series

Awaken Your Inner Shaman

Shamanic Breathwork™ is a powerful healing modality that balances body, mind and soul through a combination of breathing, inner journeying, cathartic movement and chakra-attuned music. Incorporating modern shamanic psycho-spiritual techniques such as mandala artwork and group processing makes this a powerful healing and growing experience. This series will focus on the Cycles of Change: Earth, Water, Fire, Air and Spirit!

Sunday: January 15th, February 19th, March 18th and April 15th, 2012

Cost: \$100.00 per session or all four sessions for \$310.00.

Time: 9 a.m. to 6 p.m. with a break for lunch.

Location: Red School Mall, 1275 Wabash Springfield, IL

RSVP: Call Carley @ 217-494-0587 or e-mail carleymattimore@gmail.com to register. Class size is limited to 10 participants.



Carley Mattimore, MS, LCPC is a Certified Shamanic Breathwork™ Facilitator, Ordained Shamanic Minister, Child and Family Counselor, Reiki Master, Healing Touch Practitioner, and Oneness Blessing Giver.



John Malan is an Ordained Shamanic Minister, Reiki II Practitioner, Wedding Officiant and Oneness Blessing Giver.

