

# STONE CEREMONY

A JOURNEY INTO SELF DISCOVERY  
AND PERSONAL EMPOWERMENT

Establish trust and restore personal power with shamanic practices that include journeywork, drumming and rattling. The journey allows you to access the deepest parts of your inner wisdom. Through the journey, learn to listen and respond to the strong inner voice of your soul. Using intention, journaling, and group exercises, you will identify the old stories, belief systems, and patterns that no longer serve your life. Through these practices, perspectives change and profound shifts occur.

**AUGUST - NOVEMBER 2019**

Rancho Bernardo Yoga  
11828 Rancho Bernardo Rd. Suite 211  
San Diego, CA 92128





**12 SESSIONS, SATURDAYS AND SUNDAYS, 1-7PM**

AUGUST 17 & 18

AUGUST 31 & SEPTEMBER 1

SEPTEMBER 14 & 15

SEPTEMBER 28 & 29

OCTOBER 12 & 13

OCTOBER 26 & 27

FINAL CEREMONY, NOVEMBER 16

ALSO INCLUDED:

PRIVATE SESSION

UNLIMITED PHONE AND EMAIL SUPPORT

**TOTAL COST FOR SERIES IS \$800**

PLEASE CONTACT JENIFER WITH ANY QUESTIONS OR TO SIGN UP FOR CLASSES.

858-525-3527

MAYTHEN@GMAIL.COM

SPIRITPATHWELLNESS.CO