

# Shaman's Breath:

*A metaphysical journey to the sacred*

a one-day retreat with Namonyah Soipan, open to all

**Saturday, August 8, 2009**

**10:00am – 4:00pm**

The daylong will provide participants with a foundation for understanding and working with cross-cultural shamanistic ritual tools that will assist in participants evolving their own personal transformations. Please bring an item to place on the altar; you will collect it at the end of the day.

**Registration is required and space is limited.**

E-mail your full name to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 and specify "Register for Shaman's Breath, August 8."

**Cost:** The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.

**Namonyah Soipan, Ph.D.** is a shamanistic psychologist who has for the past 25 years practiced African and Native American shamanic wisdom medicine, and has used her vast experience to hold sacred space for people on their healing path.



**East Bay Meditation Center**  
[www.eastbaymeditation.org](http://www.eastbaymeditation.org)

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Oakland, CA 94612  
(near the 19th Street BART station)



In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.

EBMC is wheelchair accessible.



