

SHAMANS' BREATH: THE WINDS OF THE SOUL CENTERS

A ONE-DAY RETREAT WITH NAMONYAH SOIPAN

SUNDAY, SEPTEMBER 18, 2011

10 AM — 5 PM

EAST BAY MEDITATION CENTER www.eastbaymeditation.org

2147 BROADWAY, OAKLAND, CA 94612

(NEAR THE 19TH STREET BART STATION IN DOWNTOWN OAKLAND)

SHAMANS' BREATH is a workshop that unearths the indigenous teachings relating to the powerful soul centers (chakras) within the human energy field and how that field mirrors the spiraling within the universe. The workshop is experiential: chanting, drumming, sounding meditation and of course dancing; shamans believe that dancing puts the souls in motion and allows for exquisite healing to occur. Participants will explore the transformation, enlightening and healing power of balancing and aligning with their soul centers through deep, cathartic dancing. This cross-cultural work borrows from the ancient medicine of Native American, Afrikan and Tibetan (Bon) Buddhist traditions.



“Dancing is the way we find the route to the divine and it allows the winds within us to circulate and to release all stagnation! ”



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.

SPACE IS LIMITED & REGISTRATION IS REQUIRED. REGISTER AT www.eastbaymeditation.org OR EMAIL admin@eastbaymeditation.org FOR REGISTRATION INFORMATION.

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.

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.