



MEN'S
SHAMANIC
BREATHWORK
APRIL 25



FACILITATED BY:

JOE DOHERTY

PAUL HENDERSON

CERTIFIED SHAMANIC BREATHWORK FACILITATORS

Close in PDX/\$75.00

FOR NEW OR EXPERIENCED PARTICIPANTS!

MEN CONNECTING TO THEMSELVES
AND OTHER MEN
THROUGH SACRED BREATH JOURNEY...



HEALING THE RIFTS
CLOSING THE GAPS
BETWEEN ALL MEN !!!

PAUL 360.901.3748

JOE 503.281.9772

www.elementalhealing.org



Greetings all!

ABOVE is a copy of the flyer for the workshop that I am offering with my sacred brother Paul. We are both Certified Shamanic Breathwork Facilitators. Please review and share as you are comfortable!

What is Shamanic Breathwork (tm)...

The breathwork process releases the emotional, negative charge out of cell memory. The process causes integration of unresolved emotional, physical, mental and spiritual energies. The primary result is an experience of clarity at a very core level. The process empowers a person into choice and out of victimhood.

By learning to use breathing as a highly transformational tool (conscious connected circular breathing), you will learn how to free your physical and emotional body from energetic blockages resulting from traumatic or suppressed experience. We have found that regular practice will energize you, enhance your wellbeing, your prosperity and support the growth of spiritual awareness. But even a single experience can be transformative.

Shamanic Breathwork (tm) developed by Linda StarWolf involves progressive percussive and higher vibration music selected to specifically move us on a Body/Spirit journey through each chakra (energy center) accelerated and assisted both by breath and a fellow co-journey partner who sits with you during your breathwork experience. In addition the Facilitators are present and available using coaching, support and encouragement to assist you in dropping more fully into your experience!

STRUCTURE FOR THE DAY:::

Introductions/Explanations/Questions and Answers

Morning Breathwork 60 minutes (one partner breathes the other co-journeys)

Mandala Art for the 'Breather' to externalize and solidify their journey

Break for Lunch on your own

Afternoon Breathwork 60 minutes (other partner breathes morning breather co-journeys)

Mandala Art for Breather

Break

Share Mandalas with group and Process time/Self-Care/Wrap-up

WHAT TO BRING:::

Blankets or Sleeping Bag/Pillow (to create your nest)

Water Bottle and Snack for afternoon if desired (feel free to bring bag lunch as well, or eat nearby)

Blindfold (if desired.... those large colored handkerchiefs work well)

Journal and Pen

Small Item for Altar (for example: photo, sacred item, totem statue, poem, rock/gemstone etc...)

YOUR OPEN HEART!

ALL QUESTIONS WELCOME!

This is an appropriate workshop for New Breathwork Attendees as well as Seasoned Breathers. All applicants will have a phone interview with one of the facilitators.

Namaste, Joe and Paul

J.E. Doherty, MSW, LCSW (Rev.)

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