

# Sowing Seeds of Transformation

## An Introduction to Shamanic Healing

with

Eve Dolphin



**The Garden Studio**, Ealing, London

Saturday, 2 October 2010, 9.30/10 am - 5.30 pm

Organic vegetarian lunch provided by Frederica Smith

We live in an era when expanding our vision of what is possible seems more important than ever, and this workshop offers you the means to do so, thanks to the healing ways of the shaman. In the lovely setting of The Garden Studio, you will learn how to sow seeds of potential transformation, as you discover shamanic cosmology, and

- Deepen your intuition
- Develop your imagination
- Learn shamanic practices
- Discover healing energy
- Restore your enthusiasm
- Reconnect your universe

Shamanic healing dates back tens of thousands of years, and its practitioners have always known how to access infinite healing resources to effect transformation for individuals and their communities. Thanks to the preservation of their ancient practices in indigenous communities, the shaman's ways are available to us again today.

Known as our first storytellers, healers, herbalists, psychotherapists, meteorologists, priests, midwives, and oracles, shamans have fulfilled many functions over time. To find out more about how their ancient ways might help you in today's challenging world, please phone or email Eve:

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Maximum 10 participants  
CPD Certificate

Cost, including lunch: £95

**Eve Dolphin**, M.A., B.Ed (Hons), U.K.C.P., Dip.4Winds, is a psychotherapist, counsellor, teacher, and shamanic practitioner. She has worked with shamans near and far, and is currently undertaking research into ways in which stories revealed by the ancient shamanic practice of journeying can help us explore the psyche to effect transformation in the world today.

**Frederica Smith**, I.T.E.C., M.I.F.A., is an aromatherapist and facial massage therapist with Neal's Yard and at The Garden Studio. As well as teaching these therapies, she has a deep interest in food reforms, raw energy, herbalism, and living nutrition. As she grows her own food and herbs, the vegetarian lunch will consist of seasonal, organically grown food, as well as homemade breads.