



Shamanic Journeying Circle in Rochester

There is a monthly shamanic journey circle in downtown Rochester from 6:15 p.m. to 8:15 p.m. on the **FIRST WEDNESDAY** of every month. The location is in the Friends (Quakers) Meeting House on 84 Scio Street. There is parking on the side streets and in the large parking garage opposite the building. *Please plan to arrive by 6:00 p.m.* so that we can begin on time.

The group is open to anyone who already has training in shamanic journeying skills. *(Please do not come if you do not know the methodology of journeying to a helping spirit.)* Cynthia Nado and I will help facilitate the sessions, and the focus will be on deepening our relationship with the helping spirits to become more of a healing force in our lives and in our community. There are several hundred people in our area who have been trained shamanically, and this journey circle is intended to be a way to gather that resource together to do good work.

There is a \$5 donation requested per person per session to cover the costs of space rental and caretaker set-up and breakdown of the room. Please bring drum and/or rattle (if you have one) and a blanket and eye cover for journeying. There are already chairs set up in the room for us to use.

Please call 585-271-5650 if you have any questions.