

# Shamanism and the Wilderness as Healer and Teacher

A 3-day experiential workshop integrating shamanism  
and wilderness awareness  
with Ana Larramendi  
May 8-10, 2009. Dodgeville, WI

The Shaman's spiritual practice is inextricably woven with the natural world. Shamans drew their spiritual strength from a deep sacred marriage with the Great Earth Mother. For in this spiritual union there was never aloneness or want, but instead comfort, companionship, visioning and nourishment of the soul.

This workshop is for those who wish to deepen their shamanic practice by learning how to truly communicate and be present with the Earth Mother...To see, hear and feel her signs, omens, rhythms and mysteries from a shamanic perspective. With this awareness we will learn how to work with Her for personal healing, healing of others and bringing our relationship with the Earth into balance.

Ana brings her deep passion for the wild and desire to support people on their healing paths to her work. Her teachers are the animals, trees and Spirits of the Land, who have helped heal and guide her through her own "Dark night of the soul".

Class will be held on 500+ picturesque acres of ancient bluffs, prairie and woodland.

**Teachings will include:** *Sacred Silence, Wide Angle Vision, Invisibility, finding your personal power place for healing and rituals, seeking and receiving nature's signs & omens, Spirit Walking/Journeying, plant communication, grief releasing and Prayer Arrows, nature's concentric rings, spiritual philosophy of the Earth and surrendering the self to awareness.*

**Ana Larramendi** is a shamanic practitioner, teacher, minister, public speaker, chef, Vision Quest leader, wilderness enthusiast, and ceremonialist who has been studying and practicing shamanism since 1989. She is an initiated mesa carrier in the Inka tradition, is a member of The Foundation of Shamanic Studies, [www.shamanism.org](http://www.shamanism.org), and is a founding member of the Society of Shamanic Practitioners, [www.shamansociety.org](http://www.shamansociety.org) Ana has a private healing practice in Madison, WI and teaches numerous workshops on the subject of Shamanism. More of Ana's work can be seen at her website: [www.thehollowbone.com](http://www.thehollowbone.com)

Begins Friday, May 8<sup>th</sup> at 3:00pm. Class ends On Sunday, May 10<sup>th</sup> at 3:00pm.  
This 3-day residential includes dormitory-style sleeping quarters and 6 meals with vegetarian options.

**Cost:** \$250 includes instruction, 6 meals, and two nights lodging. \$100 reserves your space. There is a reduced rate of \$225 for early registrations postmarked by April 17, 2009

**Last day for registration is May 5<sup>th</sup>.** Payment can be made with check, VISA or MC.

Space is limited so please register early.

**Registration:** Fill out a registration sheet and mail it with either a full payment or \$100 deposit made out to: *The Hollow Bone*. Mail to: The Hollow Bone, 1225 E. Dayton St. Madison, WI 53703

Upon receipt of your registration and deposit an equipment list and map with directions will be sent to you.

**Prerequisites:** Participants should be experienced with journeying to teachers and power animals.

**Questions?** Feel free to contact Ana at 608-255-4333 or e-mail: [inomoxo@tds.net](mailto:inomoxo@tds.net) to receive a registration sheet.

This workshop is a unique blend of wilderness awareness skills and native applications of shamanic journeying. It does not require you to be physically fit, but rather to open your heart deeper and wider to the Earth than you ever have before...

## Workshop Registration

Name of workshop: Shamanism and the Wilderness as Healer and Teacher

Date of workshop: May 8-10, 2009. Beginning at 3:00pm. Friday, May 8<sup>th</sup> .

Ends Sunday, May 10<sup>th</sup> at 3:00pm.

Contact person: Ana Larramendi, The Hollow Bone, 1225 E. Dayton St. Madison WI 53703. Phone: 608-255-4333, E-mail: [inomoxo@tds.net](mailto:inomoxo@tds.net) (please contact me if you have any questions)

Workshop Location: Bethel Horizons Retreat Center, Dodgeville, Wisconsin. Approximately 45 miles west of Madison, adjoining Governor Dodge State Park.

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Please circle your food preference: Omnivorous, no red meat, vegetarian, vegan.

Please list any food allergies that you have. We will try to accommodate everyone, however if you have special diet restrictions you may wish to supplement meals with some of your own food.

### Mail Registration to:

The Hollow Bone, 1225 E. Dayton St. Madison, WI 53703

Cost: \$250 This includes the workshop, dormitory lodging and 6 meals. \$100 reserves your space. There is a reduced rate of \$225 for early registrations postmarked by April 17, 2009. Last day for registration is May 5, 2009. Payment can be made with check, VISA or MC.

*Final payment is due at registration on May 8<sup>th</sup>.*

Deposit Paid: \_\_\_\_\_ Balance Due: \_\_\_\_\_

Make checks payable to: The Hollow Bone

Method of Payment, Check VISA MC

For credit card payments: Card Number \_\_\_\_\_ Exp. \_\_\_\_\_

Signature authorizing charge \_\_\_\_\_

Once your deposit and registration information is received you will be sent an equipment list, a map with directions and a recommended clothing list. Dorm rooms have 4 beds to a room. Please specify on the back of this sheet if there is anyone you wish to room with. Some camping may be available, please inquire if this is your preference.

Cancellation policy: A full refund will be paid for cancellations up till May 1, 2009. Afterwards cancellations will be charged a \$50.00 processing fee. The difference will be returned.