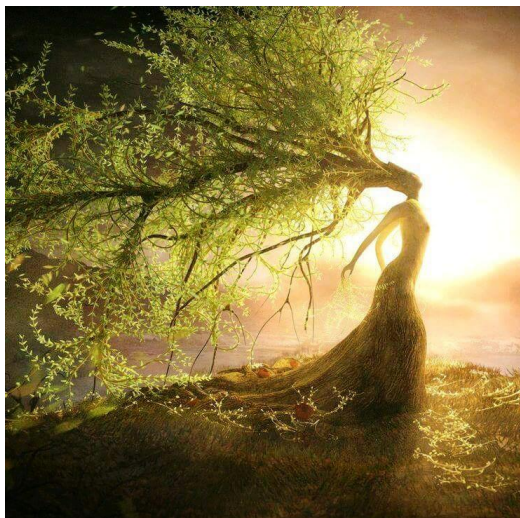


Grounding & Transformation Day Booking

Form



A One Day workshop

With Jayne Birkett & Liz McWatt

At Ings, Nr Staveley

Saturday 17th June 2017 10am- 5pm

Thank you for your interest in this course which we hope will be an enjoyable day and give you more confidence in shamanic journeying. The day will include lots of opportunity to practice your journeying skills, ask questions and get a good understanding of how to ground and connect to the earth and its importance when doing shamanic work. We will also show you how to do transformation journeys and how they are a key part of your personal healing and re setting of healthy patterns.

The course venue is the Ings Parish Hall, Nr Staveley, Kendal. LA8 9PY <https://goo.gl/maps/uLUL3>

The cost of the course is £65 - £25 deposit secures your place. **£55 *early bird booking up to 16th May* / £65 after 16th May**

Course start / finish times: 10 am—5 pm (Lunch 1-2 pm)

Please bring a throw and a blindfold and something to lie on such as a yoga mat or a sleeping bag if you prefer to lie when journeying.

Drinks will be provided throughout the day. For lunch the venue is close to Wilf's at Staveley or the Watermill Pub in Ings. There is a shop in the nearby garage.

We look forward to meeting you on the day.

Liz McWatt

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Email: liz@holistic-healing.org.uk

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Jayne Birkett

Tel: 077177 25672

email: jaynebirkett@sky.com

www.shamanic-therapy.co.uk



Booking Form

Next Step: Grounding and Transformation

Ings June 2017

Name:

Address:

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Phone No:

Email:.....

Are there any particular areas of journeying you've been struggling with and would like to work on?

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What do you hope to learn from this course?

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Please send this form with your deposit fee of £25 upon booking, cheque payable to

Liz McWatt

18 West St, Kendal, Cumbria. LA9 5QL

Bank Details for Internet Banking

Account: 23808871

Sort Code: 09 01 26

Account Name: Miss E M McWatt

Please confirm by e-mail if using this form of payment