

INSIGHT OUT LIFE PRESENTS

Sarah Seidelmann, MD

SHAMANIC JOURNEY/ SHAMANIC HEALING

A ONE-DAY RETREAT TO RECLAIM YOUR INNER WILD THING



What's a Shamanic Journey?

Throughout history, Shamans have been healers and guides who invoke the energy and life forces of nature to restore individuals to balance and wholeness. A shamanic journey is a guided visit to the spiritual world, where negative energy is cleared and your soul uplifted. Through storytelling and song, connection to nature, vision and meditative trance, a Shaman can lead the way toward a more connected life.

✧ Reconnect With The Healing Power of Nature ✧

CALLING ALL IRREPRESSIBLE SPIRITS

Reclaim, recharge and reconnect with the energy and life force of Nature during this unique one-day retreat! Sarah Seidelmann is a physician, life coach, author, and trained shamanic healer who will guide you to the Divine spirits and healing powers of the natural world around you.



Learn to carry the vitality and energy you feel when you're surrounded by trees and beasts, water and stone, earth and air. Find the part of your wild nature that has been

tamed by the social forces of everyday life, career and responsibility. Reintroduce yourself to *your* wild, natural, irrepressible spirit.

Join Author Sarah
Seidelmann, M.D.
& Insight Coach
Amy Steindler

March 9, 2013
9:30 a.m. to
2:30 p.m.
Annapolis, MD



Retreat fee of \$95 includes lunch and a copy of Sarah's book, "*What the Walrus Knows*"
Register at <http://shamanicworkshop.eventbrite.com>. Questions? Call 410.268.1240.

Frequently Asked Questions

What happens on a Shamanic Journey?

The process for journeying varies depending on the shaman. Sarah will lead us in a kind of meditation that takes us to a place where we connect with Nature and discover our own animal totems--powerful guides who can inform and accompany us on all or part of our life's journey. The process is engaging and wonder-full and will lead you away from the pressures and concerns of your everyday life. Sarah may also conduct a Shamanic Healing on one or more volunteers.

How will I feel when it's over?

Most people feel reinvigorated and refreshed. The connection to Nature and discovery of your animal totem will add a feeling of power and energy that will help you guard against negative energy, disease and other "intrusions." Your power animal(s) will also help you answer questions and solve problems as you move through the world.

Each participant will experience the day differently, and it helps to release expectations or attachment to a particular outcome before you arrive--that way you can refrain from judging the legitimacy of what you experience. Remain open to exploration, and come with your curiosity dial turned way up, and your ego left behind.

Do I need any special knowledge or skills?

No, most people are able to benefit from the process the very first time. Just bring an open mind and be prepared to set a clear intention, then allow yourself to relax into the journey.

Will working with a shaman conflict with my religious beliefs?

Shamanism is not a religion, and does not involve worship of any kind.

What should I wear?

Wear comfortable clothing, like yoga-wear, for indoor activities, and weather-appropriate layers and footwear for walking in the woods. Bring a bandana or scarf to use as a blindfold while we lie on the floor for our journey.



Who are the facilitators?

Sarah Seidemann, MD is a board-certified physician, certified life coach, published author and trained shaman. Her practice and her website, www.followyourfeelgood.com, encourage people to live fully and joyfully, following whatever their souls desire. Amy Steindler is a certified life coach who focuses on helping clients re-connect with their true nature, which can feel lost to us from time to time. Her Insight Coaching practice and website, www.insightoutlife.com encourages us to trust the insights and wisdom stored in our bodies and our souls.