

Shamanic *Soul Get-Away*
August 25, 26, 27, 2006



Slow your pace and enjoy the peaceful setting just outside Edmonton, on Ava's 'Land of Paradise' acreage. Close to the city, but in the sanctuary of the country, with a brand new two hole golf course.

Do it all or the workshops you choose.

The New moon occurs on the 23rd of August ... set your intention, and allow this weekend to empower the choices you've made with momentum you've already gained. The energy brought in by the new moon is about allowing ego to be in divine alignment.

Friday August 25th

7:00 Opening Ceremony

Dowsing - Treasure Hunt

Fri August 25, 2006

7pm - 9.30pm \$65.00

Learn the basics of dowsing, use the divination tools used to find missing objects, diagnose ailments, tap into lie lines of the area, and find the hidden treasure on Ava's "Land of Paradise". The treasures are yours to keep!

David (The Oracle) Pilz
Ava Curtola RN

Saturday August 26th
Shamanic Workshops

Power Animal Workshop

Saturday, August 26
10 – Noon \$44.00

Shamanic practice has long been referred to as “techniques of ecstasy” due to the euphoric state shamans often achieve. Introduce yourself to the basic techniques for Shamanic journeying and practice, and set the stage to achieve these peaceful and rich states.

- Shamanic construction of the universe
- Shamanic concepts of life and the soul
- Foundation of shamanic practice
- At least one journey to one of the three worlds
- Meet one of your power animals or spirit guides

Ava Curtola RN
David (The Oracle) Pilz

Sweat Lodge

Saturday, August 26
1 – 5 pm \$125.00

Genuine *Sweat lodge* ceremony, smudging, fire keeping, gathering of Grandfathers and more.

What to bring for the day:

Wear a longish night gown, dress, or skirt & T-shirt, bring a towel, blanket to sit on, water bottle and a feast item (big part of the Sweat lodge experience!).

Dress for weather, (this is Alberta where the weather changed hourly!) we also have access to the house to feast in.

Bring drums, rattles, crystals, sacred objects and voices.

Donated **BLANKETS would assist and support the lodge**...thank you.

‘For those of you, who are afraid of the ‘heat’, know that I cannot do saunas, it is a whole different energy, and intention to sit in sweat ceremony.’ Ava

Kevin Yelich
Ava Curtola RN
David (The Oracle) Pilz

Saturday August 26th
4 Elements workshop

Sunday August 27
10 – 4pm \$125.00

- Get "in-touch" with the 4 major elements found on our unique planet.
- Meditate and discover how Air, Fire, Water, and Earth interact to affect our physical manifestation on this plane.
- Be connected with all the elements of nature.

A glorious day of meditation!

Connect to nature and awaken your spirit. This new 'in-touch' course will take you into the 4 major elements found on our unique planet. Learn to recognize the influences of these elements on our physical reality. Discover how Earth (including wood & minerals), Water, Fire and Air interact to affect our physical manifestation on this plane.

Meditate with each individual element with Mother and Father Nature. Feel and experience the power of these rudimentary elements, balancing and embracing your life as you are permanently attuned to their primal energies. Be one and connected with nature.

Ava Curtola RN
David (The Oracle) Pilz

Registration is a must for this retreat, limited space available
Call Ava at 780. 963-3111
ava@energyworkshops.com

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Things to bring:

- Lunch, Dinner, snacks for the evening, &/or days (coffee, tea and goodies always provided)
- Note book or writing paper and pen
- Journal (optional)
- Wear comfortable & layered clothing; bathing suits
- Rattle, Gourd, Drums, sacred objects, gems, etc.

Soul Get Away:

Friday, 25 th	6pm- evening
Saturday, 26 th	10am day & evening
Sunday, 27 th	10am – 4pm

Accommodations:

Cars, Tents and trailers park for free; bring a sleeping bag and pull up a rug in the house.

There are great accommodations in Spruce and Stony that are very reasonable.

\$359.00 total but if you participate in **all 4 workshops ...\$308.00**

If you have taken one of these courses you may audit for half price for that course.

Prices include workshops, continental breakfast & all taxes.

We will make use of the whole acreage, includes the hot tub, kitchen, and bbq's and Angel Meadows (2 hole) Golf Course ... Fun, fun, fun.

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