

Introduction to Shamanism



a workshop presented by

Timothy Cope

Minneapolis, Minnesota

May 31, June 1, 2008



rattle and drum journeys

Shamanism is the collective name for the spiritual systems used by most of the world's tribal peoples. Our various sufferings, be they physical, mental or emotional, often have spiritual dimensions. By addressing these dimensions, shamanism can make significant material contributions toward healing these conditions. During this workshop, the philosophical background of shamanism will be explained and specific core shamanic techniques will be demonstrated and taught. Participants will begin exploring the spirit world by embarking on their own inner shamanic journeys. They will have the opportunity to meet personal spirit teachers and power animals, and to step through doorways leading to personal wisdom, integration, healing, and service.

TIMOTHY COPE is a Twin Cities writer, storyteller and shamanic practitioner who has been exploring the shamanic path for 25 years, principally under the guidance of Michael Harner, Sandra Ingerman and Americo Yabar. For over 16 years, he has facilitated a ritual drum and journey circle at the Pathways healing center in Minneapolis. He has been certified as shamanic counselor by the Foundation for Shamanic Studies and has been extensively trained in a wide variety of shamanic techniques including soul retrieval, spirit extraction, divination, individual shamanic counseling and others. He lives in Minneapolis where he facilitates ritual, offers classes and workshops, and maintains a healing practice.

When: Saturday, May 31 & Sunday June 1, 2008

10:00 AM- 6:00 PM both days

Where: 4521 29th Avenue South, Minneapolis, MN 55406

Workshop Fee: \$225

Registration Deadline: May 19, 2008

To register:

Please send a check or money order, made payable to Rattle and Drum Journeys to:

Rattle and Drum Journeys
4521, 29th Avenue South
Minneapolis, MN 55406

OR to pay by credit card via Paypal, visit our website: www.rattledrum.com and click on the pay button.

Rattle and Drum Journeys reserves the right to cancel any of its workshops or training courses or the participation of anyone at any time for any reason. In such cases, fees paid in advance will be refunded.

If you cancel 30 days or more prior to the workshop, your fee, minus a \$20 administrative charge, will be refunded.

Name: _____

Address: _____

City/State/Zip: _____

Day Phone: _____

Evening Phone: _____

Email: _____

If you have questions, please contact Timothy at: timothy@rattledrum.com or call: 612-721-5566