

GREG O'DONNELL

To: Gudhara Holistic Sanctuary
Subject: Ecoshamanism Workshop, 26-28 February 2010

.ecoshamanism.

a gathering on the land friday 26 – sunday 28 february 2010



what the gathering is about

This two day event is for those interested in learning about shamanic philosophy and practices which can be used to effect personal and global environmental change in our world today. During this experiential based weekend you will be introduced to different aspects of shamanism and participate in sacred rituals to help explore alternative methods for creating a more holistic spiritual and ecological lifestyle. The gathering will be a safe, intimate and trusting environment, where you are free to express your feelings.

Over the weekend you will:

- explore techniques of traditional shamanism and modern eco-shamanism
- understand how ancient knowledge/wisdom can be applied to modern sustainability issues
- gain clarity, insight and understanding for both personal and bigger-picture problems
- meet your totem animal and ancestors
- raise your awareness and understanding of your role in protecting and living more harmoniously with nature

learning outcomes

- learn journeying techniques
- communicate and connect with nature / nature spirits
- experience altered states of consciousness
- learn skills to help you transform your lifestyle to be more ecocentric
- access and optimise power-filled hidden aspects of self
- experience sacred rituals and ceremonies

facilitators

alison parr grew up on Wirradjirri country in western NSW and has always had an affinity with the land. She has worked in environmental planning, management and education for sustainability for over 15 years and is a co-founder of [Gudhara Holistic Sanctuary](#). She has studied Native American, Aboriginal and Vodun shamanic traditions. Alison is an experienced ecoshamanism facilitator and uses shamanic practices to help reconnect people with nature and mother earth. She inspires others by living sustainably, intimately and genuinely with our earth.

paulien gort moved to Sydney two years ago from Holland where she studied healing with shamans and healers from all over the world (Native American, Joruba tradition, Siberian, Maori, Eric Berglund). She goes back to Holland regularly to study with Dancing Thunder, leader of the Susquehannock tribe. Paulien also studied several healing modalities in Holland and continues to do so in Australia. She is passionate about subtle energy, spirituality and music. "Shamanism takes me back to who I really am, close to nature and to my heart".

tell a friend

Please forward this email to someone you think may be interested in this gathering.

investment

Includes participation in the gathering, all handout materials, camping accommodation, organic vegetarian meals, morning and afternoon teas. To register, please fill in the attached form and email/post/fax with payment to Gudhara Holistic Sanctuary. More detailed information on what to bring, how to prepare for the gathering and directions to the property will be provided on registration. Investment is \$295 (earlybird \$250 by 22 January 2010).

carbon offset your transport

Wingello is located on the Southern Highlands railway line and workshops are scheduled for participants to take advantage of this when commuting. The opportunity is also available to neutralize your carbon footprint for the workshop through planting Australian native trees on the Gudhara property.



Arts + Environment + Spirituality

Wingello Southern Highlands NSW

P: (02) 4884 4467 M: 0403 203 963

W: www.gudhara.org.au Skype: Gudhara

Australia's Leading Sustainable Retreat Centre

UPCOMING GUDHARA WORKSHOPS FOR 2010

Primal Mens Weekend - Southern Highlands Mens Group	Fri 29 - Sun 31 January
Ecoshamanism - Alison Parr & Paulien Gort	Fri 26 - Sun 28 February
Designing with Solar Technology - Mark Shakeshaft	Sat 20 - Sun 21 March
Walking Humbly on the Land - Greg O'Donnell & Alison Parr	Sat 24 - Sun 25 April
Lightworkers Masters Class - Victor Sultas & Greg O'Donnell	Sat 22 - Sun 23 May
Designing with Vastu - Anthony Ashworth	Sat 26 - Sun 27 June