

Shamanic Coaching Circles **Facilitated by Pam Hale Trachta, M.A.**

Please join us for shamanic coaching circles! The act of meditating together on a subject, speaking our intentions and then offering them in a fire ceremony is a powerful thing to share. We meet at my home in Catalina under a full moon, on the patio in warm weather or around the living room fireplace in winter.

The circles are open to men and women, and we would like more men! You can reserve a place up until 48 hours in advance. Circles are limited to 12, so I will bill you if you commit and don't show—unless it's an emergency, of course.

And what happens? We create a sacred space by invoking the spirit of the universe. The format for our full moon circles includes offering our thoughts about the topic for the night, using the talking stick, meditating or journeying together, and sharing a fire ceremony where we let go of something and offer an intention or prayer. We drum, rattle and chant, and then end in circle. For certain circles the format changes to meet the occasion or topic. You leave with new tools to bring into your life.

The cost is \$40 per session unless you wish to “buy” three circles in advance and pay only \$99. You can pay at the event—cash or check.

7 to 9 pm; gather at 6:30 for snacks

Monday, April 6: Springing forward into potent action
Thursday, May 7: Receiving delicious feminine energy
Monday, June 22: New moon circle and summer solstice celebration

Questions? Interested? e-mail me at pam@ThroughADifferentLens.com or call me at (520) 825-5463. I'll send you a reminder plus directions. For more information: www.ThroughADifferentLens.com.