



ADRIENNE KANE

*To Transform,
heal and inspire*



Shamanism in the Modern World

In our modern, fast paced world we have little or no time to connect with nature which is detrimental to our mental health.

Having this understanding Adrienne has created and designed this experiential class so that it may assist people in understanding the relevance of Shamanism and its resurgence.

In this two day workshop you will be introduced to practices which can be incorporated into your daily life, assisting you in feeling more centred, grounded and connected to the world around you.

You will learn how to create Sacred Spaces, connect with Ancestors, journey to Sacred Gardens, work with the Elements, discover your Power Animal, understand the relevance of Soul Loss and Soul Retrieval.

This class is open to all denominations holding a deep respect for all Belief Systems.

*for more information on Adrienne visit
www.adriennekane.com*