



RED RIVER GORGE, KENTUCKY

May 12-15, 2016

Wholistic Journeys is offering a unique opportunity for you to attend a spiritual/healing workshop-retreat with Master Facilitator, Shaman and Founder of Wholisitc Journeys, John Amoroso.

John will be conducting the workshop-retreat in a well appointed, private, mountainside retreat in the beautiful and spiritually powerful location of Red River Gorge in the Appalachian Mountain Region of Kentucky. This workshop will provide a hands on experience and learning with shamanic healing techniques, energy healing, Qigong, and will include a Reiki I attunement. In addition, there will be optional scheduled outings for hiking and wilderness camping in the beautiful Red River Gorge. This is a small group workshop-retreat with significant hands on learning experience provided.

Workshop includes all educational classes, outdoor activities, single or double room accommodations, healthy organic meals and snacks, transportation to/ from the Lexington, Kentucky airport. *Workshop agenda provided below.*

Prices for the workshop: \$993 single occupancy room, \$793 double occupancy room. Click this link for accommodation pics and video:

<http://www.redrivergorgecabinrentals.com/cabins/living-on-the-edge>

Contact us via our website, call now at 207-831-9313, or email John Amoroso at johnamoroso@wholisticjourneys.com to reserve your attendance. This retreat is a small group retreat limited to seven participants.

Additional information and a registration form to help customize your experience will be provided after your reservation has been secured.

WORKSHOP/ RETREAT AGENDA

Thursday, May 12th

Travel and arrival during the day

7:00P Opening Ceremony: orientation, drumming, gathering soul medicine, embracing Mother Earth, Father Sky.

Friday , May 13th

6:30A Meditation/ Qigong; embracing the spirit of the East

8:00 Breakfast

9:00 Shamanic skills; chakra aura empowerment
(self protection, psychic cords and light shield)

10:30 Shamanic skills: earth empowerment1 connecting with the land.

12:00P Lunch

1:00 Hike on the land/ earth connection; individual sessions (optional)

3:00 QiGong, Reiki 1, developing chi

4:00 Shamanic Qigong; healing the aura (hands on)

5;30 Dinner

7:00 Meditation: embracing spirits of the West

7:30 Council Fire: (optional) chanting, drumming, sharing

Saturday, May 14th

- 6:30A Meditation/ Qigong; embracing spirits of the East
- 8:00 Breakfast
- 9:00 Shamanic skills: Qigong animal forms, individual sessions (optional)
- 10:30 Reiki 1 attunement; (optional hike)
- 12:00 Lunch
- 1:00 Shamanic skills; earth empowerment 2, vortexes and sacred spots
- 3:00 Reiki 1 healing skills (hands on)
- 4:00 Meditation; shamanic channeling - Mother Earth , Father Sky; individual sessions (optional)
- 5:30 Dinner
- 7:00 Meditation; embracing the West
- 7:30 Council fire; (optional) chanting, drumming, sharing

Sunday 15th

- 6:30A Meditation/Qigong; embracing the spirits of the East
- 8:00 Breakfast
- 9:00 Shamanic Reiki, Qigong skills
- 10:00 Individual sessions / review of healing skills
- 11:30 Closing ceremony
- 12:00P Lunch and Depart for home

(Agenda subject to minor modification)

Reserve your spot now! Contact us via our website at www.wholisticjourneys.com, call 207-831-9313, or email John Amoroso at johnamoroso@wholisticjourneys.com, to reserve your attendance.