



Everyday Spirituality

Level One

PLEASE BOOK NOW, SPACE IS LIMITED!

DATE: TBA

COST: TBA

VENUE: TBA

FOR MORE INFORMATION CONTACT:

Firestar - 340-344-3165

WEBSITE: Namonyah.com

LUNCH: TBA

This workshop is about connecting to your soul's longing to be immersed in a spiritual practice that will bring fulfillment, prosperity, health and joy into your life, if you can just enter the sacred pause for a moment and remove the distractions long enough to witness the beauty of Spirit unfolding and manifesting!



In this full day magical experiential workshop you will explore:

- ⌘ Meditation, chanting and chakra clearing from different spiritual practices around the world.
- ⌘ The power of attraction and understanding your role as a co-creator.
- ⌘ Learn spiritual techniques for protection and clearing your personal space of dense & negative energy
- ⌘ Understanding the importance of practicing the sacredness of sex (even if you are single).
- ⌘ Experiencing primal dancing, and taiqi/qigong to release emotional physical and spiritual toxicity from your body and enhance your qi: life force energy.
- ⌘ Sacred rituals and fire ceremony to open the seven directions and invoke the spirit guides to remove obstacles from your path
- ⌘ Creating medicine tools to heal the wounds of past and present traumas
- ⌘ Cord cutting ceremony to release the attachment to people, places, things and memories that no longer serve you.

Facilitator: Namonyah Soipan, Ph.D. is a Licensed Acupuncture Physician and Shamanistic Practitioner who has facilitated healing workshops in Japan, the United Kingdom, Amsterdam, Belgium, Afrika, India, Thailand, the United States and the Caribbean. For the past 35 years Namonyah has practiced Afrikan and Native American shamanic wisdom medicine and has used her vast experience to hold sacred space for people on their healing path.