



COMING ALIVE

COMING ALIVE weaves the magical worlds of myth and movement together through Qigong, myth-telling and shamanic journeywork.

The world of myth is a wild and mysterious place: full of dark woods and sheep-sheared rocks, women who comb dragons' hair, wolves that speak. The world of movement is filled with magic: feeling energy flowing through the body, roots extending downward from toes, light sparkling from fingertips.

Indigenous cultures worldwide have always known that oral storytelling is powerful magic that can literally

transform the listeners. Using traditional shamanic tools to alter everyday consciousness, you will learn how to navigate in non-ordinary reality through a northern European "mythscape" in order to experience this transformation for yourself.

Qigong originated from the dances of early Wu shamans. Dance was used in their rituals and ceremonies to induce trance states for communicating with the spirit world. The individual became responsible for self-cultivation and self-spiritual development. As we dance Qigong you become the healer for yourself.

Join us in exploring the world of the Spirits through dance and story: a mythical, magical journey that promises to chart territory you've never experienced before.

When: Sunday, February 23

Time: 10:00 am - 5:00 pm

Where: Harmonia, 2200 Bridgeway, Sausalito

Cost: \$100.00

Group size limited for deep work; advance registration required.

For more information: Contact Nancy Binzen at (415) 488-9512 or nancy@wisdomtracks.com

To Register: Contact Denise Aubin at (415) 389-8707 or denise@danceofqigong.com



Nancy Binzen, D.Min began her study of indigenous shamanic traditions in 1981. Her teaching is influenced by her experiences with Huichol, Peruvian, Mazatec, Native American, Irish Druid, Dagara, and Aboriginal Australian elders. She has a private practice in Story Medicine, and is a graduate of the Foundation for Shamanic Studies' Three-Year Program in Advanced Initiations in Shamanism and Shamanic Healing. To learn more: www.wisdomtracks.com



Denise Aubin, MQT is a certified Medical Qigong Therapist and the founder of Dance of Qigong. Denise teaches Medical Qigong classes and has a private practice in Marin County. For more information, visit: www.danceofqigong.com