

Mark Your Calendar!

Nepalese Shamanic Weekend

June 12&13, 2010

Join Bhola Banstola for his third visit to Minnesota and explore the ancient healing practices of the Himalayan shamanic culture.



During the weekend Bhola will facilitate multiple journeys to deepen awareness of one's true self and bring about changes on the physical, mental, emotional and spiritual levels. He will focus on shamanic practices, stories, beliefs and traditions from the sacred Himalayan tradition. We will drum, rattle, dance, sing and meditate throughout the weekend facilitating a deeper connection to your own inner knowledge and gifts.

What participants say:

"It was an amazing weekend of insightful and empowering spiritual journeys to bring about change. It was an honor to learn these tools from an indigenous shaman."

C.B. Minneapolis

"This weekend was incredibly healing and transformative."

L.T. Minneapolis

"I have been to all of his workshops and wouldn't miss this opportunity for healing and growth."

S.S. Saint Paul

Dates: June 12 & 13, 2010
Time: 10:00 am - 5:00 pm
Cost: \$275 (**\$225 before April 30**)
Location: *Deep Currents*
7625 Golden Triangle Dr.
Eden Prairie, Minnesota 55344
www.deepcurrents.com

Bhola was born in 1966 in the Bhojpur district of east Nepal. He was called by the spirits at a very young age to become a shaman and was initiated by his grandfather who was the shaman of the village. Educated in Nepal and India, Bhola holds a Masters Degree in Cultural Anthropology from Delhi University. He is also a graduate in Naturopathy from the Indian board of Alternative Medicines in Calcutta. He is a respected teacher and healer who also guides trips into Nepal, Tibet, India, and Bhutan.

NOTE: You will need to be familiar with shamanic journeying for this workshop. Lena is offering Shamanic Journeying: An Introduction on Sunday, April 25 and Saturday, June 5. See www.lenaswanson.com or call 651-206-0644 for more information.

Bhola is also offering one hour individual healing sessions June 11, 14 and 15. To schedule please call Lena at 651-206-0644. **Prepayment of \$90 is required to hold a spot.** Sign up soon as the sessions filled up very quickly last summer!



Sponsored by Lena Swanson, www.lenaswanson.com.
Please call 651.206.0644 or email lena@lenaswanson.com to register.