

Healing the Light Body

Alberto Villoldo, Ph.D.



*“The Luminous Body holds the template of our health.
It encodes how we live, how we age, how we heal and how we die.”*

**From Dr. Villoldo’s book:
*Shaman, Healer, Sage***

Retreat Day
Saturday Jan 21st
10-am -5pm
\$85
Lunch included

Crief Retreat Centre
Puslinch (half way to Guelph off Hwy #6)

EXPERIENCE
A SHAMANIC FIRE CEREMONY

10-10:30 Welcome and Introductions. Opening relaxation exercises using Tai Chi, Yoga and Meditation
10:30-12 Who is Dr. Alberto Villoldo and how did he develop this course and school. Impressions and experiences of students who have taken the Healing the Light Body Course
12-1pm Lunch
1-3 pm Basic description of the course and main ingredients, ie Four Directions, Illumination, Soul Retrieval, Journey work and Fire Ceremony, etc. How this fits into our life and practice. A short Journey led by one of the advanced students and other meditation experiences.
3-5 pm Fire Ceremony

For Information or to Register contact Lesley Hannell, M.A. 905-304-8211