

\$88 per person
workshop limited to 11 women

delicious vegetarian
lunch included

drums and rattles provided
or bring your own

no previous drumming
experience necessary

Please send your non-refundable
deposit of \$44 by July 31.

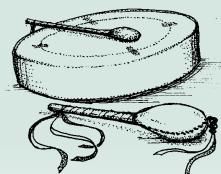
Make checks payable to
Sarah-Jane Owen

Early registration recommended,
class will fill quickly.

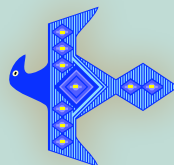
R.S.V.P. by July 31, 2006

Sarah-Jane
661 242-1779

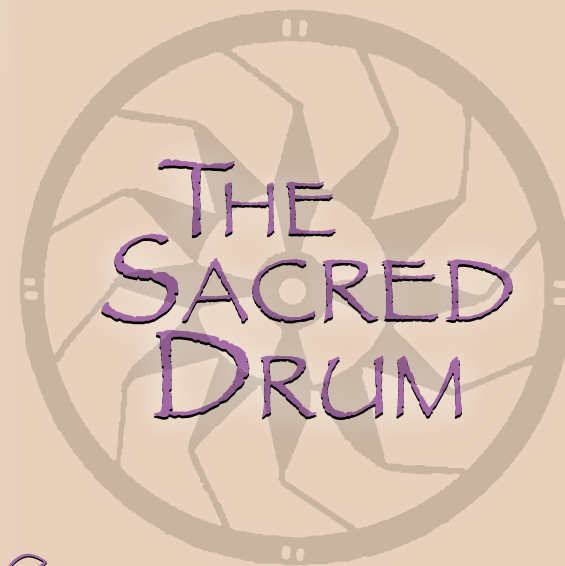
email: sarah-jane.owen@usa.net



Sarah-Jane Owen
Pow Wow Lodge
P.O. Box 5517
Pine Mountain, CA 93222



**A beautiful day-long
retreat and workshop.**

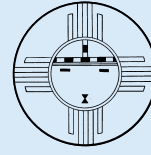
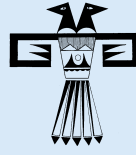
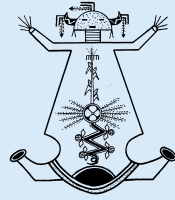


*a day of ceremony
in the forest
for women of the earth
with*

Sarah-Jane Owen
White Buffalo Woman

Saturday
August 26, 2006
9:00 A.M. – 5:00 P.M.

Pow Wow Lodge, Pine Mountain, CA
Chumash Wilderness
Los Padres National Forest
1½ hours north of Los Angeles



Healing Ourselves and Our Planet

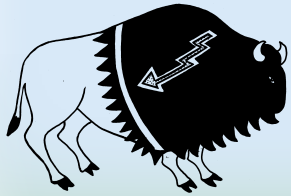
Come gather the women in Sacred Circle

Let us honor our blessings and the gifts we all bring

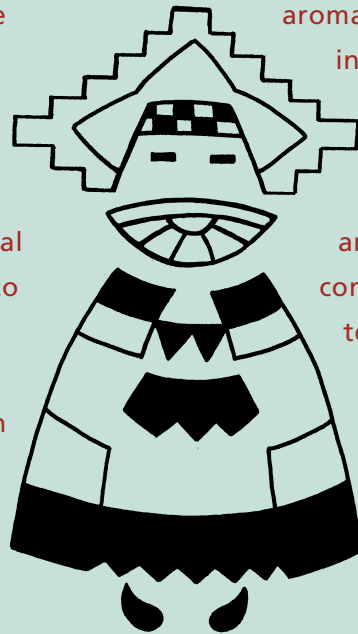
May the beauty of nature reflect in our spirits

As the Song of the Drum lifts our hearts up to sing.

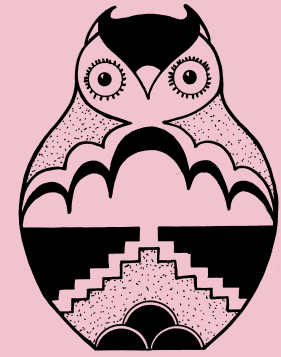
Sarah-Jane Owen



Join us for a uniquely beautiful day-long retreat and workshop in the sacred mountains of the Chumash Indians, where we will experience ancient ways of connecting to spirit through the sacredness of the drum. Using frame drums, rattles, whistles and our own natural instrument—the voice, you will learn simple techniques and traditional rhythms and songs. Learn how to recognize and use Animal Spirit Guides and helpers through Journey Work. Honor the health and well being of our bodies through gentle yoga, breath and dance; and work with the Medicine Wheel.



Sarah-Jane Owen is a gifted healer, teacher and medicine woman. She is an Internationally Certified Yoga Instructor, a shamanic sound healer and aroma therapist. Her early childhood interests in Native American spirituality led her to this continent where her journey continues as an active musician, retreat facilitator and contributor to the drum circle community. She approaches her teachings with a sacred regard for the Native Tradition. Her gentle guidance and wealth of knowledge make her a sought-after leader in her field. She holds her Masters Degree from the Royal College of Art in London.



Transforming our lives through the sweet medicine teachings of nature's gifts and reconnecting ourselves to Source.

