



Women of Wisdom Foundation

Community Connections Gratitude & Abundance

Sunday, November 19th 9:30 AM – 6:00 PM

\$45 for the day - \$25 per workshop

BodySong Healing & Arts Center 943 – N 89th, Seattle, WA 98103

9:30-11:30 - Healing Sounds with Joanie Vogel

Through the use of a unique sound healing technique called energy singing, Joanie will use her Voice, a Tibetan bell and rattle, to lead us through a freestyle (channeled-in-the-moment) meditation on gratitude. We will connect with Mother Earth and Source to purify our energetic bodies. This intense trancework delves deep into our inner selves and will open our understanding of gratitude. The attitude of being grateful for everything - “the good, the bad, the ugly, the beauty” - is the first step on the journey of drawing abundance to ourselves and into our lives. After the meditation, Joanie will lead a group chant using sharing her personal ‘Sapphire Chakra Chants’ (1996).

Joanie Vogel is shaman, recording artist, energy singer, author, and spiritual re-trainer. She is also the author of the free DAILY FORECAST NEWS which is located on her website www.energysinger.com. Joanie@energysinger.com 360-653-6857



1:00-3:00 - Being at Ease in the Land of Plenty with Victoria Castle, Master Somatic Coach

Our capacity to receive and take pleasure in what is given is key to keeping ourselves deeply nourished and juicy, and for most of us it’s pretty skimpy. This experiential workshop will include practices for embodying abundance and wholeness so that we are free to express, create, share, and contribute.

*Victoria Castle is an executive coach, spiritual teacher and author of **The Trance of Scarcity**. She has helped thousands of people free themselves from old ways of being that keep them trapped so they can move into lives of fulfillment and sovereignty. She is a dynamic speaker known for her humor, heart and practicality. www.tranceofscarcity.com*

4:00-6:00 Embodiment of Gratitude and Abundance with Susan Tate, Nia Instructor

This nourishing workshop is designed to deepen your awareness of how you can eat and move to experience abundant pleasure and energy. You will have the opportunity to access your body’s innate wisdom by exploring concepts and activities gleaned from the works of Marc David, Jon Kabat-Zinn, Debbie & Carlos Rosas and other leaders in the field of holistic health. In the second hour you will revel in the pleasure of a luscious Nia class, specially designed to dance those concepts into the body. Abundance and gratitude will be our guides. No Nia experience necessary!

Susan Tate is the director of Washington Wellness Associates (www.wawellness.com) and the former director of health promotion and assistant professor in the School of Medicine at the University of Virginia. She is a certified Nia black belt instructor and the author of several books in the health genre. She provides individual and group consultations and enjoys teaching Body & Soul-Based Nourishment.



To register for these wonderful Community Connections workshops, please send payment to:

Women of Wisdom Foundation, PO Box 30043, Seattle, WA 98113;

visit www.womenofwisdom.org; or call 206-782-3363.