

## **“SHAMANIC CIRCLE” (2024 – 2025)**

**The proposal of this “Shamanic Circle”** is to offer my experience of more than fifteen years of practice in shamanism, with an energy of co-operation and attention to the heart to help you experience some basic aspects of shamanism and understand it better, so that you can use it in your personal life. **It will take place at “Centro Karissa” in Almuñécar, Granada, and sometimes in other places in the open air.**

**The twelve meetings of the “Shamanic Circle” in 2024 and 2025, one each month starting in September,** form a coherent cycle in which all parts are connected to each other. However, it is not mandatory to participate in all of them because it is important that the proposal be fluid as our lives are! Remember places are limited, so do think about reserving yours as soon as possible!

**Each three-hour “Shamanic Circle” meeting will have a similar structure with three phases.** First, around half an hour in which I will present my knowledge of the topic to you. Secondly, there will be around two hours of shamanic practice on the theme of that day. We will end with around half an hour for each one in the group to share their experiences of the session.

In the “Shamanic Circle”, **we will explore the four directions of the Medicine Wheel** (West, North, East, South), **the three Shamanic Worlds** (Below, Above, Middle) **and five other more specific aspects of shamanism** (the Shamanic Journey, Shamanic Divination, the Cacao Spirit, the Call of the Drum, the Spirit of the Cristal). Of course, this “Shamanic Circle” is not exhaustive, but it tries to offer a good base of knowledge and practice of shamanism in our modern world.

**The “Medicine Wheel” and its four directions** is a powerful tool based on a subtle and deep knowledge of natural and personal cycles in Shamanism. Once integrated, it becomes a great compass and very useful for your path and your connection to the greater. Everything and everyone are connected, is the meaning of the words “Mitakuyé Oyasin”, and also the meaning behind proposing this “Shamanic Circle”. For this reason, the medicine wheel meetings will be organized as close as possible to the equinoxes and solstices.

**The “Three Shamanic Worlds”** are the most common vision of shamanic traditions, regardless of their differences. This vision, based on thousands of years of practice,

offers a map of the subtle worlds. You can find, for example, the animals of power in the “World Below”, the guides, teachers and ancestors in the “World Above” and the plant kingdom (among many other things) in our world, the “Middle World”.

**The five other special topics that we will visit** (the Shamanic Journey, Shamanic Divination, the Cocoa Spirit, the Call of the Drum, the Spirit of the Cristal) are part of a foundation of shamanism, as well as being central themes in my personal practice of shamanism. You will love them!

## **DATES OF THE “SHAMANIC CIRCLE” (2024 – 2025)**

**When:** Saturdays from 5pm to 8 pm (may vary depending on the season)

**Price:** 40€ per meeting

**Limited places:** It is essential to reserve beforehand

**Workshop by:** Stéphane Quetzal - [www.almaquetzal.com](http://www.almaquetzal.com)

- 1) **September 28th:** “**MEDICINE WHEEL**” – Spirit of the West
- 2) **October 26th:** “**THE SHAMANIC JOURNEY**” – Travel between Worlds!
- 3) **November 30th:** “**THE 3 WORLDS**” – The World Below and the animals of power
- 4) **December 21st:** “**MEDICINE WHEEL**” – Spirit of the North
- 5) **January 25th:** “**SHAMANIC DIVINATION**” – Runes, cards and more!
- 6) **February 22nd:** “**THE 3 WORLDS**” – The World Above and the Guides, spiritual Teachers & Ancestors
- 7) **March 22nd:** “**MEDICINE WHEEL**” – Spirit of the East
- 8) **April 26th:** “**COCOA SPIRIT**” – Medicine of the heart
- 9) **May 24th:** “**THE 3 WORLDS**” – The Middle World and the Pachamama, the “Goddess” on Earth
- 10) **June 21st:** “**MEDICINE WHEEL**” – Spirit of the South
- 11) **July 26th:** “**THE CALL OF THE DRUM**” – The Shaman’s steed!
- 12) **September 20th:** “**THE SPIRIT OF THE CRISTAL**”