

# SHAMANIC JOURNEY DRUM CIRCLE

For self-healing and self-exploration.  
Content varies by month.

**May 22, 2019**  
**7pm-8:30 pm**

**No experience required.**

## WHERE

**Natural Connection Wellness  
Center**

**313 Fourth Street, Huntingdon, PA 16652**



For additional information, or if you have not previously done a shamanic journey, please contact Dana Jefferson, Ph.D. at [wintersjoy74@gmail.com](mailto:wintersjoy74@gmail.com) or 814-643-4260.

**FOR AGES 13  
AND ABOVE**

## COST:

Free, but a donation to the Huntington Health & Wellness Association (HHWA) is appreciated.

## PLEASE BRING:

- Notebook or Journal and Pen
- Eye Covering
- Blanket and/or Yoga Mat
- Drum or Rattle if available