

Life Cleansing Journey

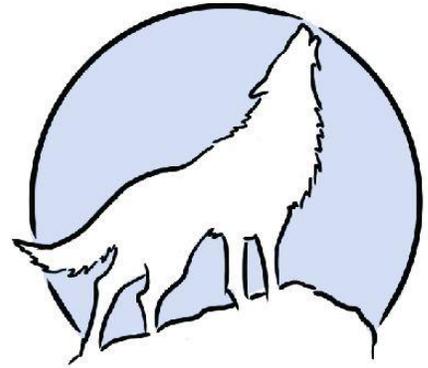
Using Energized Breath

Icaros – Songs that Heal

Saturday May 6th from 5:30 – 7:30PM

Facilitated by Steve Krejcik

GreyWolfHealing.com



In this **new** active journey of the breath we will use age old Shaman techniques to travel to a most sacred place within - where body, mind and spirit unite in one thought of love.

Icaros is most commonly used to describe the medicine songs used by shamans in healing ceremonies.

"A very pleasurable and interesting workshop; I was amazed that a simple breathing technique could produce such vivid and insightful, higher consciousness experiences. I am absolutely looking forward to doing it again!"

"I have participated in the Breath Work Life Cleansing Journey and Sun Meditation three times and each was better than the last. It was effortless and the mystical, meditative experience is energizing and healing. Steve is an excellent guide for this exercise and I would recommend it to anyone!"

"At the start of our session I was experiencing some lower sciatic back pain from stress and carrying heavy boxes. I was not even sure I could lay flat on the ground for an extended period of time. After the intensive breathing session with amazing meditation, my pain was gone and I continued to be pain free all week. Thank you again for introducing me to this new method of Breath Body Releasing and Healing."

In preparation: Bring bedding, eye cover and dress comfortably; do not eat for 2 hours prior.

Call 616-531-1339 or follow the link below to register

Cost - \$25.00 in advance - \$30.00 at the door

The Coptic Center - O-381 Lake Michigan Drive, Grand Rapids, Michigan 49534

<http://thecopticcenter.org/>