



THE FREYJA PROJECT
WORKSHOP

THE INNER JOURNEY TO YOUR DIVINE PURPOSE: A SHAMANIC/AUTHENTIC MOVEMENT EXPERIENCE GUIDED BY: GREGG WESTWOOD MA SUNDAY, FEBRUARY 23 | 2:00-4:00 PM

In this workshop we will take time to slow down in order to access a gentle listening and creative expression that allows your body to lead you in the unfolding of your divine purpose. We begin with the shamanic journey which is the art of using rhythm and intention to enter an altered state of consciousness in order to connect with the spiritual dimension of reality. Then the authentic movement, or moving meditation, teaches you how to listen and learn from the subtle cues of the body. This process of integrating deeper states of awareness will guide you in discovering how the inner wisdom of your body is striving to enlighten you. In this workshop, the music after the shamanic journey will be mostly sacred chanting soft drumming and flute.

Please bring a journal and something to write or draw with and wear yoga clothes.

Investment: \$40/student

ABOUT GREGG

A former professional dancer, actor and massage therapist, Gregg holds a Masters degree in Somatic Psychology with an emphasis in Movement therapy. He began offering his shamanic/movement journeys in the 1990s and has conducted numerous workshops across the country. His current practice in Denver is called Depth Integration. www.depthintegration.com.



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