

The Four Directions and More Shamanic Apprenticeship Training Course

The Four Directions and More Shamanic Apprenticeship Training Course consisted of **4 Experiential, Residential Weekends** which align with the Celtic calendar, cycle and Medicine Wheel, The Four Directions, Celtic festivals of Samhain, Imbolc, Bealtaine and Lughnasadh.

The first level is a self-development and awareness course where you build your shamanic crane bag, medicine bundle, mesa, which you can use for your own personal development and shamanic practice.

You will learn techniques in the first year that you can use in your practice such as space clearing, opening sacred space, psychoeducation strategies to use for yourself and much more. This is an opportunity to reflect, just be, and engage in your own personal healing, interpretation, reflection and opportunity for change.

Each weekend you will learn about the Celtic festival, associated site visits, accessing tools, performing rituals and learning techniques for all that is connected with that time of the Celtic Spiral. Cross quarter festival will be an opportunity for further development.

About this residential course

We gather on **Friday afternoon - evening** and start with an overview, sharing talking stick, some personal cleansing and preparation for full day of shamanic work on Saturday. **These are experiential weekends.**

Every Saturday, we will do one major piece of work engaging with the elements of earth, air, fire and/or water. You will form your own crane bag, your own Medicine bundle which you can use for your own personal practice and healing. A Shamanic Practitioner follow up year is optional.

Then **on the Sunday**, you will receive the Munay Ki rites, further sharing, and checking in and be assigned your soul work to do until the next Celtic festival weekend.

The Course takes place in Teach Bhríde, a beautiful old Convent building in the centre of Tullow, Co. Carlow. It is used by many psychotherapeutic groups for training purposes. I'm told the food there is the best. We will have our dinner together on the Friday evening. Breakfast, Lunch and Dinner on the Saturday and Breakfast and Lunch on Sunday before heading home.

Accommodation is provided. There are various options.

If you have any further queries or would like to discuss any area of the course in more details please feel free to call me on 086 3473473



Residential Course

Venue: Teach Bhríde, Tullow, Co. Carlow

Cost € 570 – deposit: € Varies, see in booking link below

Contact Details: 086 3473473 or email: info@thedublinwellbeingcentre.ie

BOOK YOUR PLACE

About Geraldine Walsh

Geraldine has performed Shamanic work using a crane bag for over 10 years now and has worked professionally with money clients doing deep shamanic and somatic work. This is powerful work which involves illumination work, extraction work and soul retrieval. Geraldine has worked with the Quero in Peru, and with a visiting Shaman in Ireland. She has run and facilitated other shamanic training courses around Ireland also.

Geraldine is an Accredited Psychotherapist, Somatic Experiencing Practitioner with clinical training, Reiki Practitioner Trainer, Shamanic practitioner and facilitator, Hawaiian Lomi Lomi Bodywork practitioner, Life coach and Executive Coach with a background in IT and Project Management.

Geraldine has lived and worked in Germany, Turkey and London for many years and spent short spells in Italy and Portugal.