



# Shamanism & Yoga

“Kindred Spirits  
in the  
Sacredness of Nature”

at  
The Sanctuary  
at Two Rivers  
in Cabuya, Costa Rica

March 20-26, 2016



with

**Shamanic Practitioner, Joyce St. Germaine, M.Ed., CH.t**  
**and Yoga Instructor, Cynthia Griffin, E-RYT, LMT**

Explore the perfect fusion of Yoga and Shamanism. Join us for a **Women's Vernal Equinox Retreat** to celebrate the energy of the jungle. Shamanism and Yoga have much in common and this kinship is just waiting to be explored, especially during this seasonal time of balance. Both practices draw inspiration from nature and help to bring one closer to the energies of the universe. This unique and lovingly developed retreat is designed to explore the "kindredness" of these two disciplines. Together they invite you to rediscover who you truly are in Body, Mind, and Spirit.

**The Sanctuary at Two Rivers** is an amazing modern solar powered eco-friendly facility, with luxury tree house lodging, organic gourmet vegetarian and vegan food, open-air yoga/ meditation studio, and Wellness Center located in the mountainous jungle of Costa Rica.

**Join Two Highly Experienced, Dynamic Instructors,**



Shamanic Practitioner, Joyce St. Germaine and Yoga Instructor, Cynthia Griffin to honor this time of perfect balance. Learn shamanic exercises, ceremony, energy healing, and effective journaling, as well as "All Levels" yoga practice including asana, pranayama, meditation, and self awareness to align the whole being. Daily sessions will be themed to invite you deeper into your personal experience.

**Limited Spots Available So Reserve Your Space!!!!**

Please make checks payable to: Joyce St. Germaine

Mail to: Joyce St. Germaine, 29 Davis Road, Burlington, CT 06013

Direct all questions to Joyce: [jsgermaine@aol.com](mailto:jsgermaine@aol.com) or (860) 675-9706

Write "Costa Rica 2016" in the memo line of your check.

Please include your full name, address, phone number, and email address with your deposit.

## Shamanism

The practice of Shamanism, the oldest known spiritual path, dates to between 60,000-100,000 years ago and spans across all cultures. It is simply a practice of connecting and working in partnership with "All that is". Based on the premise that the same energy flows through all things, it is a natural way of reclaiming our space and aligning harmoniously with the universe. Water, air, earth, fire, plants, animals, minerals, the cosmos...everything is willing and delighted to offer their teachings with us. We will learn simple ceremonies and shamanic journeying, working with the helping spirits of nature. You will be safely guided by drumming or rattling into theta brain wave states, the same state as dreaming, to meet and work with teachers and helpers.

**Costa Rica** has a rich history of Maya Shamanism and the ancestral spirits are known to assist in sharing these teachings with today's explorers who are eager to learn. Joyce has been working closely with both the ancestral spirits of the jungle and with present day Maya Shamans to learn the most respectful ways of deepening our connections to universal energies. If you can imagine everything, seen and unseen, joyfully celebrating our arrival, you would understand how warm our welcome will be! **No prior shamanism experience is necessary.**

**Joyce St. Germaine, M.Ed., CH.t.**, is an award winning Teacher, Artist, Certified Shamanic Practitioner, Certified Shapeshifting Practitioner, Spiritual Counselor, and Certified Hypnotherapist.



She has taught shamanism and spiritual studies throughout the US, in Canada, Mexico, Belize, and Costa Rica. Trained in Cross Cultural Shamanism, she blends the teachings of North, South, and Central America, Tibet, Australia, and Egypt. Invited to study privately with renowned Mayan Shamans, Joyce deepens her practice in the jungles of Belize. Owner/Director of The Sacred Journey, she resides in CT, USA with her rescue dog, Sky. **Joyce will offer daily group activities in Shamanism and other practices designed to deepen our connection with the natural and spiritual worlds. She will be available for optional Private Intuitive Readings, Soul Retrievals, Shamanic Energy Healing, and Hypnosis.**

[www.thesacredjourney.biz](http://www.thesacredjourney.biz) jsgermaine@aol.com (860)675-9706

**Cynthia Griffin, E-RYT200, LMT**, is certified in Hatha Yoga and has the honor to have studied with respected teachers like Seane Corn (Off the Mat), Rodney Yee, Sri Dharma Mittra, Patty



Townsend, Elysabeth Williamson and Nikki Myers (Y12SR). For over a decade, Cynthia has been a CT LMT specializing in Traditional Thai Massage. She has extensive education in Yoga, Thai Massage, Western Herbalism, Traditional Chinese Medicine, Tibetan Buddhist Medicine, Eastern and Western Exercise Therapies. Her advanced studies have been within the US, China, Canada, and Thailand. She is the owner and operator of "Natural Health Therapies with Cynthia Griffin" in CT. where she works full time, offering clients Holistic Modalities for Health and Wellness and International Yoga Retreats.

**Cynthia will teach a daily yoga class designed to support the shamanic spiritual path and offer optional Thai Massage and Private Yoga Sessions.**

[www.naturalhealthcynq.com](http://www.naturalhealthcynq.com) cyngriffin1@cox.net (860)302-0529

## **Goddess Retreat Costa Rica Includes:**

- 6 Nights & 7 Days in Solar Powered Tropical Luxury Tree-Houses on 40 Private Jungle Acres
- Daily Shamanism Activities, Workshops, and Ceremonies with Joyce
- Daily Yoga Classes and Instruction for all Levels with Cynthia
- Breathtaking Yoga, Workshop, and Meditation Spaces
- Yoga Mats, Straps, and Blocks
- Organic Artistic Gourmet Vegetarian and Vegan Food
- Water, Tea, Coffee, Snacks
- Secluded Waterfalls, Tropical Gardens, Beautiful River, Lush Forest, and Local Wildlife
- Relaxing Hammocks, Swimming Pool
- Costa Rican Taxes

## **Optional Activities:**

- Private Sessions with Cynthia or Joyce
- Zip Lining Adventure, Santa Teresa Beach Excursion, Shopping in Montezuma, and More!
- Sanctuary Wellness Spa Services

## **\$ 1750, NOT Including Airfare, Ground Transportation, and Gratuities**

- Non-Refundable Deposit of \$250 due ASAP to hold your space.
- Payment of \$750 due November 30, 2015
- Balance of \$750 due January 31, 2016
- Canceling within 60 days will result in 50% forfeiture.
- Canceling within 30 days will result in full forfeiture
- Travel Insurance is recommended.
- Certificate for Yoga Alliance 9 CEU's: \$25

## **Retreat Sample Day:**

7:15 AM... Shamanic Ceremony

7:30 AM - 8:45 AM... Yoga for all levels

9:00 AM... Gourmet Artisan Vegan or Vegetarian Breakfast

10:00 AM - 2:00 PM... Excursion/Exploration/Relaxation or Optional Activity

2:00 PM... Gourmet Artisan Vegan or Vegetarian Lunch

3:00 - 5:00 PM... Excursion/Exploration/Relaxation or Optional Activity

5:15- 6:30 PM... Shamanism Workshop and/or Ceremony

7:00 PM... Gourmet Artisan Vegan or Vegetarian Dinner

9:00 PM... Om Out, Journaling, and Sweet Dreams

\*Off-site excursions will alter the schedule.

## What to Bring:

- \*Journal, Colored Pencils and Pens
- \*Rattle for Shamanic Activities
- \*Bandanna or Eye Covering
- \*Personal Sacred Object (Crystal, Stone, Pendant, Figurine, etc.)
- Flashlight or Headlamp
- Camera
- Earth-Friendly Personal Care Products: soap, shampoo, conditioner
- Water Shoes for River Walking (required)
- Flip Flops or Sandals
- Sneakers or Hiking Shoes
- Sarong or Cover-Up
- Yoga Clothes
- Comfortable Clothing for Beautiful, Warm Costa Rican Weather
- Bathing Suit
- Sun Hat
- Earth-Friendly Sunscreen and Insect Repellent
- Sunglasses
- Refillable Eco-Water bottle (our tap water is right from the source and delicious)
- Compact Umbrella
- Reading Material
- \*Specific to this retreat

## Helpful Information

Most questions are easily answered on the Sanctuary website and by clicking here:

- Homepage
- Location
- Getting Here
- Staying Here
- Accommodations
- Wellness Services
- Artistic Vegetarian & Vegan
- Local Excursions
- ARTchitecture
- Testimonials

**The Sanctuary at Two Rivers** is highly rated by Vegetarian Times, New York Times, Self Magazine, Fitness Magazine, and Yoga Journal. MINDBODYGREEN.COM ranks it as "#1 in the Five Amazing Yoga Getaways in the World"! Please visit [www.thesanctuarycostarica.com](http://www.thesanctuarycostarica.com) to learn more about this extraordinary location!

