

SHAMANIC DRUM CIRCLE

**The 2nd Wednesday of the
month from 7pm-8:30 pm***

WHERE

**Natural Connection Wellness
Center**

313 Fourth Street, Huntingdon, PA 16652

***If you have not have previous experience
with shamanic journeying, please arrive at
6:30 pm for instruction.**

**Drums and rattles will be available, but
please bring one if you have one.**

**Please bring an eye covering (such as a
bandana), pen and paper/journal, and a
blanket.**



**For additional information contact,
Dana Jefferson, Ph.D. at
wintersjoy74@gmail.com
or 814-643-4260.**

**FOR AGES 16
AND ABOVE**

COST:

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

**Shamanic drum
circles provide a
venue for self-
healing and/or self-
exploration. Content
may vary monthly.**

*The repetition of
the drum brings
us to a state of
consciousness
that allows for
clarity and
insight.*

- ❖ **May 10**
- ❖ **June 14**
- ❖ **July 12**
- ❖ **August 9**
- ❖ **September 13**
- ❖ **October 11**
- ❖ **November 8**
- ❖ **December 13**