

# SHAMANIC DRUM CIRCLE

**The 2<sup>nd</sup> 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](mailto: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.*

❖ **Please call or  
email Dana  
prior to the  
January 2018  
session to  
ensure it will  
be held given  
pending arrival  
of grandbaby.**