

# Are You Being Called to Walk Into New Consciousness?

## Spring Bank Spiritual Center

Kingstree, South Carolina

Friday March 14<sup>th</sup> 7pm – Sunday March 16<sup>th</sup> 3pm



## Gaining balance for the New Consciousness of 2012

- **Come** share and discover how the cosmic forces are speeding up time and allowing us to access other dimensions, while actively affecting ourselves, our communities, and Mother Earth.
- **Learn** how combining powerful techniques from a variety of Shamanic, Chinese, Korean, and New Age or Modern Energy Work can bring you into balance and raise your vibration as we move forward.
- **Experience** the power of spirit guides, the seven directions, and power animals during life changing rituals including a sweat lodge, labyrinth, medicine wheel, Peruvian Healing Ceremony, and more.
- **Expand** beyond time and space and become one with all that is available to us.

Your facilitators are two seasoned guides who have just returned for the third time from the extraordinary energies of Macchu Pichu in Peru and are awaiting the opportunity to create a sacred container so that you might have your own expansive experience.

**Judy Milinowski/Spirit Dancer** is an Intuitive Vibrational Healer. She is a Shamanic Practitioner, Inter-faith minister, Reiki Master and Qigong teacher, with a broad range of expertise in areas like Behavioral Kinesiology, Shamanic Healing Practices and Transformational Journeying. She has studied core Shamanism with Sandra Ingerman in Santa Fe, N.M. and spent time with indigenous shaman in the mountains of Guatemala and Peru.

**Rev. Claudia Ragoni** is a Shamanic Practitioner certified in Spinal Touch Therapy, Tong Ren, and Dahnhak Yoga Healing. She has trained with a variety of Indigenous Medicine Men in the Southwest and in Peru. She is a Navajo trained water pourer and pipe carrier.

**Claudia and Judy** have an enthusiasm for nature, ritual, and personal transformation that brings a rich blend of offerings to their clients, and retreat adventures. They deliver workshops in a widespread variety of venues in the United States and lead spiritual pilgrimages to sacred sites around the world. They both maintain private practices in Maine. Together Judy and Claudia are currently facilitating a 2yr intensive Holistic Training in Universal Healing certification course.

**For Reservations:** Judy Milinowski 207-633-0072 (Limited space call soon) 207-633-0072 or [judyalternhealth@aol.com](mailto:judyalternhealth@aol.com)

**Fees:** room, board and workshop \$325. \$100 deposit due by March 1<sup>st</sup>

**Send deposit to:** Judy Milinowski, 31 Union St. Boothbay Harbor, Maine 04538

Spring Bank Retreat Center is a former plantation with lovely accommodations and 80 beautiful acres.

### Comments from recent Participants:

*"This has been nothing less than a life changing experience for me"*

*"I have been healed from the inside out"*

*"I am now free to live everyday fully engaged in life and full of joy"*