Course Description: Shamanism is an ancient healing tradition and way of life combining elements of the natural and spiritual worlds. It is not a religion but a series of beliefs and practices that arose organically across many societies and cultures to meet the needs of local peoples for healing and wellness. This course will explore shamanic arts and practices with the goal of rediscovering the ancient wisdom of the shaman. Participants will learn how ancient shamanic rituals and ceremonies can be incorporated into everyday life to release stress, patterns of behavior, and personal trauma. Course participants will be able to develop their own health and wellness plan using the shamanic tools, methods, and practices presented in class.

Course Objectives: Upon completion, students will be able to:
1. Explain the multi-cultural origins of shamanism.
2. Detail the 8 characteristics of shamanism.
3. Explain the power of shamanic rituals and ceremonies.
4. Explain ways members of modern society can reconnect with nature.
5. Detail three examples of shamanic spiritual healing ceremonies.
6. Explain the purpose of a medicine wheel and how this tool is used by at least one indigenous culture or people.
7. Compare and contrast modern herbalism vs. shamanic plant medicine.
8. Develop a personal health and wellness plan, based on shamanic tools, methods, and practices.

WEEK 1
Introduction to Shamanism
Clearing Energy & Creating Sacred Space

WEEK 2
Reconnecting with Nature & Animal Guides

WEEK 3
Restoring the Human Spirit Using Shamanic Healing Practices

WEEK 4
Shamanic Plant and Crystal Medicine

WEEK 5
The Power of Ritual & Ceremony
Using Shamanic Wisdom to Improve Health & Wellness