



Creating Soulful Ritual

AN INTRODUCTORY WEEKEND

IGNITE YOUR INNER-RITUALIST

“Ritual carries the power to transcend the limits of our consciousness and shift the very memory of our cells; the experience becomes etched on our bones.” - *Ritual program participant*

Ritual is one of the enduring practices of the human species, and will continue to define what it means to be human well into the future. **Ritual helps us find meaning, brings rhythm and structure to our lives, and helps us experience our relatedness to all of life.**

This weekend introduction workshop, *Creating Soulful Ritual*, will help you ignite your playful and authentic inner-ritualist. You will get a taste of just how easy it is to **bring big and meaningful rituals into your life, as well as smaller every-day practices.** We all have both the need and capacity for powerful ritual. Delve into the principles of ritual creation, and play with us in ritual space.

LED BY



Facilitator

Stef Frenzl has been drawn to soulful connection and Earth-based ritual for as long as he can remember. Over the last 20 years, he's facilitated hundreds of personal and community rituals to support healing and wholing for his community. Stef's life dream is to create safe and sacred spaces for people to gain insight, healing, wholing and transformation so they can offer their unique gifts and talents to the world.



Support
Facilitator

Anayza is an intuitive, facilitator, and guide. Her journeys include many years of travel, mediation, and inner inquiry to connect with herself and rediscover what it means to be a human and a soul. Her modalities include systemic family constellations, sound healing, and energy alchemy. Ultimately, she feels all true change comes from deeply listening to the present moment.

May 20 - 21

Saturday 9 am - 6:30 pm

Lunch from 12:30 - 1:30 pm

Potluck at 7 pm followed by evening dream incubation ritual. Strongly recommended to stay overnight indoors at the venue with the group (bring your own sleeping pad & bag).

Sunday 9:30 am - 6:30 pm

Lunch from 12:30 - 1:30 pm

Woodland Meeting Center

Redmond, WA

\$150 - \$295, Sliding Scale

Financial Aid always available

Register at RiteofPassageJourneys.org • 425.485.7396