



# Embodying Soulful Ritual

## A WEEKEND RETREAT

### RITUAL IS REMEMBRANCE. RITUAL ACKNOWLEDGES. RITUAL TRANSFORMS.

Come join Jenny and Anayza for two days of meaningful connection to self and the world — in the conversation and the practice of soulful ceremony. **If you have been feeling some disconnect lately or are longing for more tools for sacred soulful connection to enhance your life and others, then this workshop is for you.**

You will leave this workshop empowered to:

- carry out your own self-created ceremonies
- create collective or community ritual that invokes a deeper connection to self and the world
- find more authentic engagement in ceremony and ritual

During this weekend **we will move the mundane and mystical, the form and formless** to facilitate rituals that bridge the soul with our body — to spark and ignite more ceremony practice into your life.

### LED BY



**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.



**Jenny** (she/they) is a lover of exploring the wilderness of one's embodied self and the deep interconnection with the natural world. She is a skilled ceremonialist and facilitator and has mentored people from around the world to soulfully hold space for themselves and groups. She trusts deeply in the marking and movement of ritual and brings this to all ecosystems including leadership in Rite of Passage Journeys.

**June 22 - 23, 2024**

**Saturday 10 am - Sunday 5 pm**

#### River Root

Private basecamp on the wild middlefork of the Nooksack River. A beautiful, nature-connected retreat space. *Camping fees included.*

**Cost: \$200 - 325, Sliding Scale**

*Financial Aid always available*

Participants will need to provide their own transportation to and from the program, which starts and ends near Deming, WA



**Register at [RiteofPassageJourneys.org](https://RiteofPassageJourneys.org) • 425.485.7396**