



Chanting to Free the Heart with Marie Summerwood

Saturday April 1, 2017 – 9:30 a.m. to 3:00 p.m.
All women are welcome to this workshop and potluck
Bring a dish to share (no nuts please)

These are extraordinary times and we are growing into ourselves as the powerful women that we are. We keep ourselves strong and clear with sound and rhythm! Chanting, droning, humming all weave a container for our work. Sound is a powerful tool in a circle, particularly when used with intention. Chanting gives us stories we can tell ourselves, over and over, together. Adding to our collection of nourishing stories, changing us inside, at what Joseph Campbell calls the mythic level. Also, we have the benefit of the spiral in the chant's beginning over and over. Many different ways to weave with sound, many different places in our bodies to sing from!



Chanting also gives us ways to express the rising up of emotions that comes with these times. The rising up adds to the passion in our hearts and in our voices and in our work together. So much healing possible!

Marie Summerwood is a voice for the earth, and for the women of the earth. She has been teaching workshops on chanting, grief and other topics in women's sacredness for 25 years. She has composed and produced 2 CD's of women's chanting, "She Walks With Snakes," and "Step Into The River". A third CD produced by Marie, "Memories From the Lost Pines" is a collection of chants written by women in a weekend workshop she led in Austin TX. More CDs coming! For three years, she directed "Womencircles" at Rowe Camp and Conference Center. She has written and produced a play, "In Praise of She the Muse" which is undergoing a rewrite. Watch for it! She brings to all her work a wise perspective around wholeness and a compassionate understanding of life.

Sliding scale admission from \$20 to \$50*

Cash or check only, please. *No woman turned away due to lack of funds

To register or for more information contact uuse153@sbcglobal.net or 860-646-5151
Questions? Contact janeosb3@gmail.com

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