



# The Healing Drum

With Jay Oakwood

One Day Shamanic Workshop

Assisted by Chris Silverwood

**4<sup>th</sup> May Sunday, 12 - 7pm**

The Drum is one of our most ancient and powerful tools. Shamans from all tribes use a drum for ceremony, trance, dance, healing and much more. Join Jay, a shamanic teacher/healer, well known for her connection with the drum, in freeing inhibitions and finding your own expression and energy. A day of connecting to the vitality within to find the spirit of your drum and how it communicates to you, maybe to access a tribal past or a healing future, to bring you ever more into the present.

Be as one in a sacred circle to find your Healing Drum.

£60 - £20 deposit to secure you place (ASAP)  
Georges Room, Glastonbury

Telephone Jay - 07792858181  
Or The Bridget Healing Centre - 01458833317