



Date: _____ Time: _____

City: _____

Location: _____

Address: _____

Are you feeling detached from Mother Earth?
Have you been pushing your feelings to the side?
Women, are you feeling disconnected from your sacred feminine power?
Men, are you uncomfortable with that feminine aspect of life?

Maybe it's time to attend *Grandmother Wind's*
ReUnion Workshop.

Author, speaker, and ReUnion Circle leader, **Andrea Menard** has expanded the wisdom of the ReUnion Circle Ceremony, which came to her through her ancestral teachers, the "Patchwork Grandmothers", and has developed a workshop designed to facilitate a larger group.

The ***ReUnion Workshop*** helps participants:

- Reunite the feminine and masculine parts of themselves,
- Nourish their feeling body,
- Empower the voiceless parts of themselves,
- Learn to use the Mind to balance the Four Sacred Bodies
- Ground themselves here on the planet.

The ReUnion Workshop is designed to bring healing to those who have been afraid to speak, to those who are uncomfortable with their feelings, and to those who feel terrorized by their mind. Using the wisdom of the medicine wheel, Andrea offers a technique to stabilize the Four Sacred Bodies and engage the Mental Body's awareness of the other three: the Physical Body, the Emotional Body, and the Spiritual Body.

Andrea's traditional name is *Notigwew Yutin* - Grandmother Wind. She spent years walking the *Red Road*, expressing and releasing her own grief and shifting her mental habits to align with the Sacred Laws. Now, she wants to help others find balance in their lives. Andrea developed the ***ReUnion Workshops*** and offers her teachings to all who are called to honour their feeling nature and promote balance on the earth. She continues to hold her ReUnion Circle Ceremonies for the community, and now presents ***ReUnion Workshops*** for larger groups.

Through sacred teachings, drumming, vocalization, visualization and laughter, Andrea incorporates all the wisdom she has been taught and has gained on her spiritual journey to help others - both male and female - reconnect with Mother Earth and that misunderstood feminine source of strength, the Emotional Body. She assists in opening the vocal channels that lock-down the emotional voice, and offers all attendees a new practice for expression.

Experience an Indigeneous way of healing and let Andrea's ability to listen to guidance and transmute great emotion, help you align with the Sacred Mother, whose wisdom fuels understanding of the Sacred Laws.

Thank you for inviting Andrea to hold a ReUnion Workshop in your centre.

Length of Workshop: **2-3 hours** Participant Package to follow

Contact Andrea Menard for more details: expandreamenard@gmail.com