



# Connecting With Our Ancestors:

## Sound Healing and Cedar Medicine Weekend Retreat -

### June 16-18 2017

Join us for a weekend of recharging, grounding, and healing through the transformative power of sacred sound and cedar medicine teachings at the Lodge at Cedar Springs in Sedro Woolley, WA, north of Seattle at the edge of the Cascade mountains.



Mitzi Zoya is a minister of walking prayer through the Center for Sacred Studies and sound healing facilitator. She supports healing in a natural way through toning, chanting, and medicine songs, accompanied by traditional instruments from around the world.

Inspired by the teachings of the Int'l Council of 13 Indigenous Grandmothers, a key part of Zoya's spiritual work is to give our ancestors a voice through musical expression for generational healing, past, present, and future.



Alena Hrabcakova, MA, ATR is a registered Art Therapist, Native Trauma Therapist and an adjunct instructor with the Center for Sacred Studies of CA. She has done extensive work with the Red Lake Nation Ojibwa tribe and her mode of healing centers around dreamwork, trauma, and indigenous based Narrative Therapy.

Alena is also a professional baker and caterer and will be providing delicious vegetarian meals for the workshop.

Cost: \$400 – includes workshop, lodging, and vegetarian meals.

Individual sessions and extra night's stay available. Deposit of \$150 due by June 2<sup>nd</sup>.

For more information contact Zoya at: <https://voicefortheancestors.com/contact/> or  
<mailto:Alenaseye@gmail.com>