



MoonRise 2021: Immersion in Shamanic Wisdom and Practices

MoonRise provides participants with an immersive and transformative spiritual and shamanic training program. MoonRise helps participants to understand, embrace and fully develop their spiritual and intuitive gifts, within a safe, confidential and supportive community.

MoonRise objectives

- To provide participants with **intensive teaching and coaching** related to **shamanic energy medicine, ancestral healing, energy healing on animals, land clearing**, and many other topics.
- To engage participants deeply **in restorative and transformative rituals**, awakening the wisdom and medicine in their bones.
- To support participants' **personal and ancestral healing and growth**.
- To help participants discover and create **sacred tools** for their spiritual practice (e.g., shamanic rattles, medicine bags, etc.), and to provide **opportunities to practice** and develop confidence in spiritual work.
- To build a **supportive and inclusive community of people who nurture each other's passions, honor each other's authenticity, and share wisdom and resources** for each other's journey and practice.

Course information

- When:** Eleven (11) monthly sessions over the period of June 2021 – May 2022, from 12-6 pm. Dates: 6/13/21, 7/18/21, 8/15/21, 9/19/21, 10/17/21, 11/14/21, 1/16/22, 2/13/22, 3/13/22, 4/8- 4/10/22, and 5/15/22. The April 2022 class will be a two-night ritual retreat outside of Atlanta. Two optional Q&A sessions: 4/18/21 and 5/6/21 (contact Ellen to register). Pre-class gathering and meet & greet for MoonRise participants at Wild Sage: 5/23/21.
- Where:** Most sessions will take place at Wild Sage Healing Arts in Lilburn, GA, near Stone Mountain.
- Costs:** Upon acceptance into MoonRise 2021, a non-refundable deposit of \$100 will hold the class spot. Total cost is \$800 (incl. deposit) if registered *by* 5/15/21, and \$825 if registered *after* 5/15/21. Additional one-time materials fee of \$75 applies for expenses and materials for the program. The only additional charge is cost of accommodation and meals during the ritual retreat. Participants are encouraged to pay in full before program starts. Please talk with Ellen if a payment plan is needed.
- Attendance:** Participants are expected to make every reasonable attempt to attend each session to graduate. A make-up class will be offered for most sessions, so participants who miss the main session can attend the make-up. This arrangement is provided because it is so important that participants learn the content provided in each session prior to graduation.
- Graduation:** A graduation ritual is planned for the end of the final session. Participants will receive certificates of completion honoring their graduation from the MoonRise program.



Instructors



Two extraordinary women, Ellen Mathys and Kimmy Yon, teach MoonRise. Ellen is a shamanic energy healer, psychic medium and channel, and Reiki Master. She has worked in communities in almost 30 countries, mostly in Africa, and has mentored and trained with shamans from around the globe, most intensively from Burkina Faso and Peru. She is passionate about creating safe and joyful communities in which people can show up authentically, collectively lean into the sacred mystery, and shake loose - and reclaim! - the ancestral wisdom found in their bones and souls. Kimmy is an astrology practitioner, shamanic healer, yoga instructor, and Reiki Master. Her varied ethnic background cultivates a

deep reverence of indigenous cultures and practices. Ever a student and seeker, her work continues to expand her curiosity of spiritual practices and how she can assist in bringing wisdom and wonder into life, into her healing work and teaching. Additionally, Roxanne Lowery teaches Sound Healing for MoonRise. Roxanne is a certified Therapeutic Sound practitioner, skilled in multiple modalities and focused on transformation and awareness. She works with sound, vibration and frequency to create both an opening to an expanded sense of peace and wholeness and a space for a deeper inner connection between Self and Source.



Testimonials from 2019 and 2020 Participants

I can't recommend this program highly enough! Life-changing is not too strong a description for MoonRise.

MoonRise gives me life! =-)

I love the practice and the sacred tool-making.

When your Ancestors are calling and you're not sure how to answer.... MoonRise has been a life changer for me. I connected with my Ancestors, healed wounds, and transformed curiosity into a practice.

I joined MoonRise because I was longing for a community where being your authentic, quirky, eccentric, sensitive, empathic self would be not only be welcome but celebrated. What I received in MoonRise 2020 far exceeded my expectations. They held the container so strong that we all upleveled together in the most magical and profound ways. My fellow MoonRisers are Sisters now.

I loved yesterday [doing energy healing on horses]. I had so much fun. I didn't want to leave!

I like the mix of teaching topics and hands-on experiences. Awesome!

I am speechless in the experience of Moonrise, and in the witnessing of each soul's growth.

This class is the greatest gift I have ever given to myself. I now have a wealth of knowledge and experiences that I did not have before. I am also a part of a profoundly beautiful sisterhood that will be with me for the rest of my life's journey.

MoonRise has guided me towards discovering my power and the ways in which I can use it to help the world be a more loving place.

