

# *Earth Wisdom Teachings Day Workshop*

## THE MEDICINE WHEEL, ALLIES AND POWER ANIMALS



*We create today what we will live tomorrow. The circle as symbol has always represented life, the ebb and flow, and everything that we give through our thoughts, beliefs and actions is reflected back to us. When we learn to open to the sacred and connect to all life, the seen and the unseen, we learn to walk in balance and take our place as human beings in the universal dance.*

Join Cynthia in the actual construction of a medicine wheel and explore the unique aspects, elements and totems of each direction, which can be powerful tools for self-reflection, wisdom and protection. Experience a drumming meditation to meet your power animal for greater insights into heightened states of being. The workshop will be held in the beautiful Texas Hill Country along the Guadalupe River, where we will share ceremony and sing songs to the earth - so dress comfortably and bring your rattle or drum!

## Saturday, August 29, 2009

10am-4pm pre-registration required \$45

Boerne, Texas

(Directions and details will be given upon registration)

*Cynthia Flores-Signet lives in Chiapas, Mexico, and is founder of Ancient Wisdom Teachings. She was initiated into the Shamanic Path during extensive instruction under Native American and Toltec medicine teachers. Her quest to deepen into the knowledge of the ancient Americas led her to wisdom keepers of Peru and the Maya/Olmec lands of Mexico, and she shares this knowledge through heart-centered teachings and ceremonies, and leads spiritual journeys to the earth's most sacred sites.*



[www.ancientwisdomteachings.com](http://www.ancientwisdomteachings.com)

EMAIL: [Cynthia@ancientwisdomteachings.com](mailto:Cynthia@ancientwisdomteachings.com) 830-268-4626