



Sponsoring Workshops

Sponsoring classes, workshops and/or shamanic healing sessions is a great way to access all that Shared Journeys offers in your home town.

Anything you read about on my website is available to be sponsored in your area. It can be tailored to your community's needs. What sponsoring requires of you varies depending on what you want to sponsor and how well you are connected in your community to others who are interested in this work.

The information herein is meant to serve as a proposal for how you might begin to sponsor shamanic art and healing classes in your area. There are many variables to consider and this is not the only way to begin. For example, groups that have a broad experience in shamanism already, often begin with the advanced classes – i.e. journeying circles who meet regularly often begin by sponsoring advance sessions for their group. Anything is possible.

As a sponsor you:

- ▶ Spread the word about the healing sessions and the class. Serve as the local contact person.
- ▶ Find and rent a space for the class/healing sessions. See meeting space requirements on page two. I can give you input on this as well.
- ▶ Attend the event at no charge.
- ▶ Find a minimum number of participants.

Locally –pre-register 10-15; Weekend sessions require 15-25 people.

- ▶ Share with those interested to register early so we can gauge attendance. I recommend setting the costs higher at the door to encourage pre-registrations. As a sponsor we'll need to decide whether to go through with a session one month before its start date based on the number of pre-registrations.
- ▶ I'll give you brochures to mail/handout.
- ▶ Provide a page description and link on my website <http://www.sharedjourneys.org> together with online reservation and payment through PayPal.
- ▶ Use my email list to build support for the session.

You host the Work on a small, personal scale which allows the class participants to become a community- your drumming/healing circle. This keeps the expense and effort of travel down for clients. It is exciting for me to travel to your area, plant new seeds of consciousness about the teachings and support those efforts to grow.

Weekday Evenings Sessions (locally in Treasure Coast within 20 miles): My local weekly rate is \$20 per person. These type of classes require a minimum of 10-15 students per 5 to 7 week cycle, 15-25 preferred. Example: A 5 week class costs \$100/person; 7-week class costs \$ 120/person. Meeting space requirements are outlined on page 3. A typical evening class is 90 minutes long starting at



7:00 pm. You might elect to have an introductory lecture the week before to generate interest. On a local level there is no charge for the introductory session.

Weekend Workshops: My workshop day rate is \$125 per student plus traveling expenses (listed below). A two day costs \$250 per student. I can conduct 1, 2 or 3 day workshops to any level of student: beginner, intermediate or advanced. When I teach outside of South Florida, a minimum of 2 workshop days must be booked.

The best schedule for any of the workshops (one day, two day or three day session) is for the class to begin at approximately 10 am, break for a 90 minute lunch about noon and resume working until about 5 or 5:30pm in the evening. Allowing that there is enough space for everyone to work comfortably. **Students must be able to lie down and journey without touching-** see meeting space requirements. I can instruct up to 40 students in a class. Most sponsors start by hosting an extended weekend that usually involves:

1. A public talk on Friday evening, maybe at a bookstore or as a salon in someone's home.
2. Shamanic journeying and integration class on Saturday from 10 am-5:00pm. This class is strongly recommended in conjunction

with any shamanic healing sessions.

3. Offer three days of shamanic healing booking 4 clients per day maximum of 12 sessions in 3 days. Everyone scheduling a session should also plan to attend the weekend class.

This is meant to serve as a blueprint for how you might begin to sponsor shamanic healing and classes in your area. It is a good way to solidify your drumming circle and build community support. There are many variables to consider. This is not the only way to begin. For example, groups that already have a broad experience in shamanism may elect to start with the advanced classes— i.e. shamanic feng shui, shamanic astrology-working with the new moon. Journeying circles who meet regularly often begin by sponsoring advance sessions for their group.

Shamanic Healing: Workshop sponsors can offer shamanic healing sessions for their clients. As a sponsor, you book the workshop and offer three days of healing consultations before the workshop session. Michele charges \$100 per session for 75-90 minutes of shamanic healing. Three days of shamanic healing sessions, 4 clients per day maximum of 12 sessions per 3 days.

Some suggested workshops:

- Basic Journeying 2-day - Meeting with Spirit
- Shamanic Dream*weaving and Journaling
- Shamanic Feng Shui- creating sacred space
- Medicine for the Earth
- Shamanic Astrology~ the New Moon Class
- SoulCollage®



Meeting Space Requirements: Meeting space is just as important to what is being taught. Reserving space to hold an event is a journey itself, and I have lots of ideas to share on how to make this happen for you, so don't be shy.

We are co-creating sacred space for the magic to happen. Some things to think about:

- ▶ Is the space connected to nature?
- ▶ Is the space conducive to this type of work?
- ▶ Can we drum inside and outside without disturbing others?

Workshop space for shamanic journeywork requires a minimum of 20 square feet per person, clear space. Personal space is sacred in this work and we need to honor it.

Clear space means no furniture. Thus 10 people in a room requires 10 feet x 20 feet = 200 square feet minimum to adequately meet everyone's needs. Table space to work on shamanic art work is also a plus. A minimum of two working restrooms must be available. I request you send several digital photos of the proposed space (outside and inside) to me via email; then we can talk about whether the space meets our needs.

Handouts: Each student receives a comprehensive workbook that I have created for each workshop format. There are drumming tapes and CD's to purchase as well. I also bring assorted art supplies/drums/rattles to each class so that the student does not have to furnish all the supplies.

For example I could teach any combination of the following with 3 days of shamanic healing:

- ▶ 1 one-day workshop -within 150 miles of Vero Beach, Florida.
- ▶ 2 one-day workshops
- ▶ 1 two-day workshop

Lecture about SoulCollage®, Shamanism and The Medicine for the Earth Teachings: I am also available to do an introductory lecture. This can be an evening event and open to the public before the workshop gets started. I find this is a great way to get people excited about the workshop they will be taking the next day, and also perfect for people who would like to hear me discuss the process and my artwork, but do not have the time or money to attend a full workshop. The length of this type of lecture is approx 45 minutes.

I have spoken to as little as 50 and as many as 150 attendees. The fee for a basic lecture is \$150. This lecture fee could easily be recouped by charging a small attendance fee.

It is a good foundation for those taking the workshop the next day, and also perfect for people who would like to hear me discuss the shamanic process and the artwork, but do not have the time or money to attend a full workshop. The length of this type of lecture is approx 45 minutes.

Travel expenses: Home is Vero Beach, Florida. Locations under 50 miles one-way no charge for mileage. To locations 50 miles and above where driving is an option the cost is



\$0.35 per mile roundtrip from my home to the teaching destination. Driving distance not to exceed 4 hours one way-then air travel will be necessary.

To locations where air travel is necessary—roundtrip coach-class airline tickets, as well as any shuttle or rental car costs incurred. I will book my air fare early and will do everything within reason to get the lowest fare possible.

Meals: Dinner the night before the first day of teaching, three meals per day when teaching, and breakfast the morning of my departure.

Lodging: Private accommodations in a motel or hotel. For Florida locations if I can travel to your location and back home the same day I will.

Policies: It is my policy that I will not do any competing workshops in your city for at least 3 months. I come for your workshop and then return home. This keeps the class size to a robust amount of attendees. Because I ask that my travel expenses be paid, I feel that not doing any competing workshops in the same trip, is only fair to you.

That said, it is my understanding that you will make every effort possible to gather the most number of attendees for my workshop. I will publicize the workshop on email lists that I belong to and on my web site.

Contract: Once you decide that you'd like to have me come and teach a workshop for you, and the dates have been chosen, I will send you a simple letter of agreement outlining the dates and fees that we have agreed upon. You shall sign

both copies, keep one for your records and return the other copy to me.

References: I would be happy to send you a list of references and email addresses, if you would like. You can also view a testimonials page on my web site.

I hope you find the above information helpful, please email me with any questions. To schedule a workshop, email me so we can make arrangements. I love to teach and I would be thrilled to bring a workshop to your area!

Rev. Michele Lessirard, C.Ht. is a shamanic practitioner, astrologer and SoulCollage® Facilitator providing healing, counseling and instruction since 1993.

Michele trained through the Foundation for Shamanic Studies, is a graduate of Sandra Ingerman's Teacher Training in Advance Shamanism and a founding member of the Society for Shamanic Practitioners, an international organization of individuals deeply committed to using shamanic skills to heal the spiritual aspects of illness in people, communities, business, and the environment.

She holds degrees in transpersonal psychology and interior design; is a Florida licensed interior designer (FL ID4753). Michele shares online at The New Moon Journal® and is busy writing a book. Visit these websites to learn more:

Shared Journeys

<http://www.sharedjourneys.org>

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