

Up with Shakti!

An Evening of Ecstatic Empowerment with

Award winning author **Teri Degler** – who will lead discussion, creative visualization, and breathwork:

- The ancient yogis tell us the cosmic divine feminine force – known as kundalini-shakti – is *embodied* within us
- Shakti is working in you *now* to bring about your personal transformation – and the change you hope to see in the world
- She is the creative force of the cosmos and the cosmic creative force in you
- And inspiration is just a breath away!

Renowned urban shaman **Mama Donna Henes** – who will create:

- *Ceremony* – the key to overcoming our sense of being overwhelmed and overpowered is to become empowered
- *Invocation* – holding this divine cosmic force within your body and inviting her to awaken
- *Ritual* – washing away negativity and self-doubt so this empowering energy can flow freely through your body
- *Chanting* – connecting deeply with Shakti, channeling Her, and bringing Her forth!

Sponsored by New Realities and Dreamriver Press

Namaste Bookshop– Healing Center
80 Fifth Avenue, Suite 1107
New York City

May 13, 2013
7:00 pm
\$20.00

The New Yorker has called Donna Henes "Unofficial commissioner of public spirit of New York City". As such she creates and leads ritual celebrations that foster connection, cooperation, and compassion. Known internationally, she writes for *The Huffington Post* and is author of four books, including *The Queen of My Self* (Monarch 2005) and *The Moon Watcher's Companion* (Marlowe & Co. 2004). See <http://donnahenes.net>



Award-winning author Teri Degler has ten books to her credit, including *The Fiery Muse: Creativity and the Spiritual Quest* (Random House of Canada) and the Amazon.ca #1 Bestseller *The Divine Feminine Fire: Creativity and Your Yearning to Express Your Self* (Dreamriver Press). Her work on yoga philosophy, highly creative mystics, and the divine feminine is widely known. She teaches workshops across North America. See www.teridegler.com.

**Space is very limited! Call Namaste to reserve your place -- (212) 645-0141 OR (212) 645-1014
or email theodore@dreamriverpress.com**

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