



# The Profound Healing of our Traumas

*with Elisabeth von Madarasz*  
*B.A. (Education & Diploma of Counselling)*

**March 30 – April 1st, 2012**

We hold in our bodies any unhealed traumas from all our lifetimes, along with those we have inherited from our lineages and countries of birth.

As a result of my own healing of early refugee experiences, I have become aware over the decades of the fine layers of loss and distortion that can occur as a result of trauma.

In order to become more whole and healed it is crucial to address all these layers.

We will learn to understand the many levels involved in clearing trauma.

We will meditate to find what residues of trauma we carry from our lifetimes, lineages and countries.

We will then focus on healing what most blocks us and experience gentle, simple tools to utilize them in our own ongoing healing of trauma, as well as to share with others.

We will celebrate through dance our ever increasing lightness so that we can create our lives with the passion, love and joy that we truly are.

**When:**

Friday, March 30<sup>th</sup>, 31<sup>st</sup> & April 1<sup>st</sup>, 10am – 6.30pm

**Where:**

Aio Wira Centre, Aio -Wira Rd, Swanson, Auckland

**Exchange:**

**Tuition: \$295 & \$35 costs – Total \$330**

**Aio Wira costs:** non-residential from \$72. Full residential is \$160

**Please bring:** pen, paper, indoor slippers & outdoor gear, bedding, togs and towels.

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[www.shamanic.ac.nz](http://www.shamanic.ac.nz)

Elisabeth began her Shamanic Training in 1989 with the Foundation for Shamanic Studies (USA) and later became their Guest Faculty Teacher in New Zealand. She is a graduate of the Tom Brown Jr. Survival of Philosophy 1-5 trainings. In 1998 she founded the Academy of Shamanic Studies & teaches internationally.

Elisabeth aims to teach in a way that honours the cultural and spiritual heritage of each person as well as the Spirit and vibrations of the land.