

JOURNEY AROUND

THE MEDICINE WHEEL

AND AWAKEN YOUR

INNER SHAMAN



DARE TO DISCOVER ITS WISDOM!

Embark on ***YOUR SACRED JOURNEY*** in 2024
THE MEDICINE WHEEL SPEAKS.



2024 COURSE DATES AND INFORMATION



2024
MEDICINE WHEEL
PROGRAMS





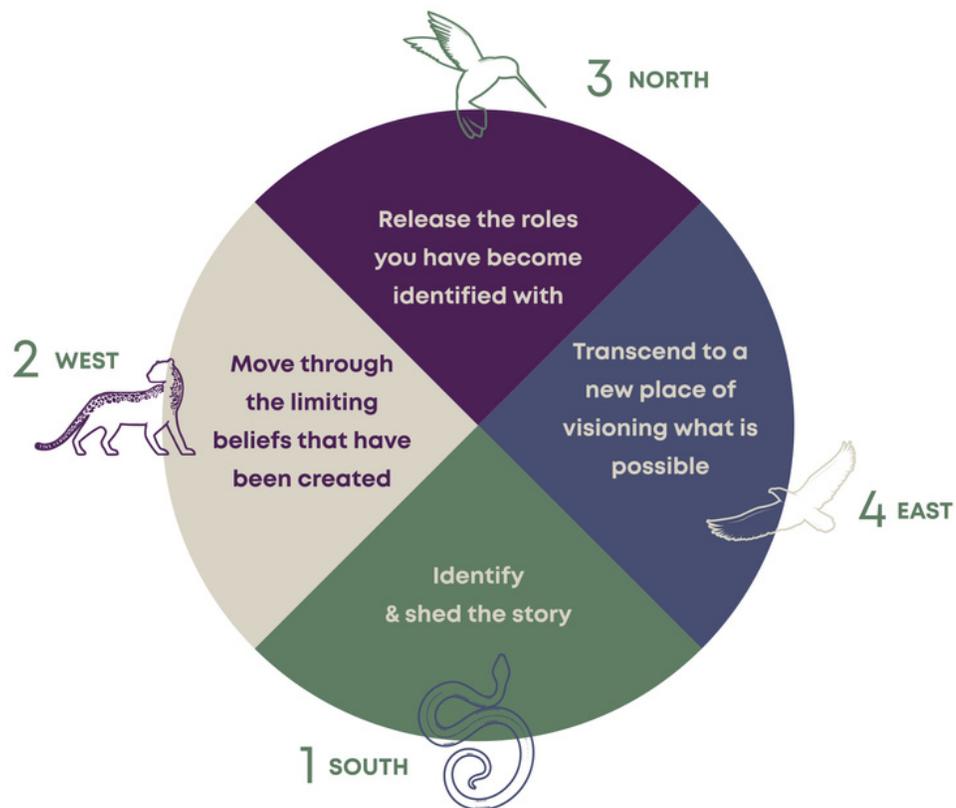
THE MEDICINE WHEEL



Learn to navigate your life brilliantly and live into your magnificence with this Four-Course Curriculum. Steeped in the ancient traditions and practices of the Incan Medicine Wheel, we will explore the four directions, South, West, North and East.

LIBERATE YOURSELF AND EMBARK ON THE JOURNEY OF ALL POSSIBILITIES.

WHAT IT MEANS TO MOVE IT THROUGH THE WHEEL





MEDICINE WHEEL JOURNEY



Over the course of this training, we will meet four times a year. Each 4-day weekend will consist of hands on experience, ceremony and the cultivation of skills and practices.

We will meet in person for each direction. You will be in class with other like minded individuals who are also embarking on their personal journey. Our time together will help you to cultivate a deeper meaning in your life and re-establish your connection with your soul essence and the essence of those around you, both people and nature.

WHAT YOU RECEIVE:

- The ability to source your creativity from self-love and self wisdom.
- Full awareness of your power and your choice.
- Increased well-being mentally, emotionally, physically, spiritually.

WHAT YOU LEARN:

- How to build and use your healing mesa-your personal medicine bundle
- The art of creating ceremony in everyday life
- How to integrate the ancient practices of Shamanism into modern life
- How to develop a deep trust in your own innate guidance and wisdom-intuition!

As with most things in life you will get out of this program what you put into it. Trust and Safety is my number one rule. To create a safe space where all will feel comfortable to open up and explore those places within that may feel vulnerable. You will be invited to continue your practices in the months between our in-person weekends. This is strongly suggested, but not required. There are no assignments or projects that must be completed, this is your personal journey of spiritual deepening and awakening.

DATES FOR MEDICINE WHEEL 2024
SUMMER COHORT - UTAH
Taught by Marissa Zelenak



CLASS 1

THE SOUTH

JULY 18 - 21, 2024



CLASS 2

THE WEST

OCTOBER 24 - 27, 2024



CLASS 3

THE NORTH

JANUARY 9 - 12, 2025



CLASS 4

THE EAST

MARCH 6 - 9, 2025



CLASS TIMES

THURSDAY - SUNDAY
9:00 AM - 6:30 PM

LOCATION

Utah

CLASS COST

PER DIRECTION
\$725.00
(\$2,900 TOTAL)

PAY IN FULL
\$2,650
(SAVE \$250 DOLLARS)

MONTHLY PAYMENT PLAN

**Payments must be completed
by March 2025.**

Monthly amount will vary
depending on when the
payments begin.

SCHEDULE A CALL

Interested in joining the
Medicine Wheel, but have
questions? Book a consultation
call to see if Medicine Wheel is
right for you.

SCHEDULE A CALL

Please contact us directly for more information, payment options and setting
up a monthly payment plan.

danielle@shamanictwist.com | (435) 659-5728

DATES FOR MEDICINE WHEEL 2024

FALL COHORT - ARIZONA

Taught by Dannielle Bryan



CLASS 1

THE SOUTH

OCTOBER 24 - 27, 2024



CLASS 2

THE WEST

JANUARY 23 - 26, 2025



CLASS 3

THE NORTH

APRIL 24 - 27, 2025



CLASS 4

THE EAST

JULY 24 - 27, 2025



CLASS TIMES

THURSDAY - SUNDAY
9:00 AM - 6:30 PM

LOCATION

Arizona

CLASS COST

PER DIRECTION
\$725.00
(\$2,900 TOTAL)

PAY IN FULL
\$2,650
(SAVE \$250 DOLLARS)

MONTHLY PAYMENT PLAN

**Payments must be completed
by July 2025.**

Monthly amount will vary
depending on when the
payments begin.

SCHEDULE A CALL

Interested in joining the
Medicine Wheel, but have
questions? Book a consultation
call to see if Medicine Wheel is
right for you.

[SCHEDULE A CALL](#)

Please contact us directly for more information, payment options and setting
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dannielle@shamanictwist.com | (435) 659-5728



MEDICINE WHEEL APPLICATION 2024



Name _____

Email _____

Phone Number _____

What is calling you to step into this course?

Have you taken other courses rooted in energetic healing or transformation?

If so what courses have you taken?

Have you had a Shamanic Energy Healing session in the past?

TUITION OPTIONS PLEASE CHECK AN OPTION THAT BEST SUITS YOU



FULL TUITION COST
\$2,900



PAY IN FULL
\$2,650.00
(SAVE \$250)



PER DIRECTION
\$725
(BILLED QUARTERLY)



MONTHLY PAYMENT PLAN
CONTACT US FOR MORE
INFORMATION



CLASS LOGISTICS





WHAT TO BRING TO CLASS



3 STONES

No bigger than the palm of your hand – any stone that you feel called to bring (crystals are fine). We will be building a Mesa that consists of 12 stones (kuyas), 3 for each cardinal direction. These will become your Kuyas, or medicine stones

CLOTH / FABRIC

Piece of cloth or material to wrap the stones in about 18"x18". This will become your Mestana, or outer cloth of your Medicine Bundle. Only need to bring one for the entire course

SMALL GIFTS

2 small gifts that you will give to teaching staff when you receive the initiation rites – this is a small token of exchange. The gift can be \$10 or less, something you make or that you have that you would like to give in exchange for receiving the rites.

NOTE TAKING MATERIALS

Notebook, pen, etc.

PENDULUM

A tool we use to test how the Chakra System is operating. You can get one locally at Dancing Crane in Salt Lake or of course on Amazon

FOOD / BEVERAGES

Snacks, tea and water will be provided every day. You can sign up for our on-site lunch program for as many days as you choose. Menu choices will be sent out to you 3 weeks before class. There are not lunch places nearby, so if you don't participate in our lunch program we suggest bringing your lunch. You will generally have a 60 min lunch break. There is a fridge, microwave, dishes and utensils that are all available for your use.

WHAT TO WEAR

Your temperature will fluctuate with energy work. Bring layers and wear comfortable clothing you will be doing work on the floor. Slippers or socks are great for inside. We will have an outdoor fire on Thursday and Sunday, dress weather appropriate for whatever the weather conditions are at the time of class



CLASS POLICIES



MISSED CLASS

Although it is my expectation that you do your best to set the time aside for your training as a commitment to yourself and the group, I am well aware that life can throw us unexpected twists and turns. If there is a situation where you need to miss class, you will have the opportunity to make it up by listening to the recorded teachings, and scheduling time with a senior staff member to go through the exercises. **This will be an additional fee** for scheduled time and will vary based on what you have missed and the time it takes to assist you in the exercises and processes. If too many classes and or days are missed, it may result in you not being able to continue with the program.

CELL PHONES

I ask that cell phones be turned off for the duration of class. You are more than welcome to use your phone during the breaks and lunch hour.

FOOD

We will have a one hour lunch break, which is sometimes combined with a class segment, please be mindful during these breaks to finish your meals prior to class. Small snacks and drinks are allowed in class.

PRESENCE

While I am in full understanding that we have lives and families outside of class, I encourage you to be fully present during these 4 days and set expectations with work, loved ones and friends. Be mindful of the space you may need before and after class.



TEACHERS



DANNIELLE BRYAN



A skilled teacher and practitioner of Energy Medicine, Dannielle has integrated the principles of Shamanism into her professional and personal life as a study, a spiritual practice, and a lived experience for over 20 years.

Specializing in individual client sessions, workshops, retreats, and ceremony, Dannielle is a master at bringing the spiritual and energetic realm into relatable, tangible practices that are useful and transformational in everyday life. She brings her signature humor and warmth to her practice, her parenting and her community. The lessons, insights, and wisdom she has cultivated is what she lovingly and happily shares with the world.



MARISSA ZELENAK

Marissa Zelenak embarked on a spiritual journey in 2017, diving into the shamanic path rooted in Andean traditions. Over the years, she has dedicated herself to mastering tools and practices for embracing life's teachings of living in an animated world. With nearly a decade of experience in massage therapy and practicing shamanic energy healing since 2019, Marissa guides individuals through transformative journeys like Medicine Wheel, aiding them in healing and finding harmony within themselves and the world. She actively engages with her community by leading breathwork meditations, shamanic journeys, ceremonies, and other self-discovery classes. Marissa considers it a privilege to support others on their soul's journey through life.





PAYMENT OPTIONS

PLEASE CHECK THE OPTION THAT BEST SUITS YOU



TO PAY BY DEBIT CARD, CREDIT CARD OR ACH BANK TRANSFER

[CLICK HERE](#)



CHECK / MONEY ORDER

Send check or money order with completed and signed registration form to:

Danielle Bryan
PO Box 1183
Kamas, UT 84036



VENMO

To access my VENMO account:

[CLICK HERE](#)

This picture on my account is



For more information or to register via phone please contact:

danielle@shamanictwist.com | (435) 659-5728

SIGNATURE

DATE



WELCOME TO THE JOURNEY