

Mindful Journeywork & Sitters School

Registration: Email events@medicinalmindfulness.org

General Description and Goals

The purpose of this program is to (1) introduce participants to a set of navigation and somatically oriented mindfulness skills that support the safe and intentional use of psychedelic medicines, and (2) to facilitate the development of advanced, transpersonally oriented “sitters” skills that can be used to support others having difficult/profound altered states experiences. We will do this through resilience development practices, educational modules, experiential partner exercises, guided meditation music journeys, and opportunities to sit in altered states events such as our Medicine Song Community Breathwork Events or Conscious Cannabis Circles. Class readings and journeywork oriented mindfulness practices will be assigned.

Location: Adi Shakti Kundalini Yoga Center 6717 Valmont Rd. Boulder, CO 80301

Dates: 10/22, 11/12, 12/10
Thursday evenings 6:30-9:30pm

Cost: \$150 / \$90 students for 3 classes (+ \$ for additional circles - see below)

Additional Requirements/Costs:

2 Medicine Song Community Breathwork Circles (\$25 / \$15 Students each), or (if participation requirements are met) 2 Conscious Cannabis Circles (\$75 each - 50% off of regular price) - 21+ required for CCC... or one of each type of event.

Participating in the type of altered states experience is required before sitting for it.

We strongly encourage everyone to attend as many circles as possible because it is important to have significant journeywork experiences if you want to be a skillful sitter. Please join at least one circle during the class series if possible. We understand though that limited incomes and other factors may require spreading out this requirement or foregoing it all together. Let us help you find something that really works for your experience. Additional application and waiver process is required for CCC.

Optional Opportunity: “Active Sitting” - imbibing cannabis as participant in CCC and then being sitter for group instead of laying down (we’d have other sitters to attend experience for safety). Very evocative. Requires participating in at least one CCC and facilitator approval. Same cost as attending circle.

Medicine Song Community Breathwork Dates:

Thursday nights 6:30-9:30pm 11/5, 12/3, 1/28

Cannabis Circle Dates:

Friday 10/30 (2 set with live music - normally \$125-\$250)

Saturday 11/21, Friday 12/11 and Saturday 1/23 (1 set journey - normally \$75-\$150)

Questions or to RSVP to circles to ensure space availability at events@medicinalmindfulness.org