

## **Monthly online drum circle meetings at beginning of month**

Starting in 2020 I'd like to offer a monthly live drum circle online to deepen the practice for my friends, clients and anyone who is interested. Each drum circle will have a dedicated journey question as well as time to journey on your own. Depending on circle size we will share experience in the main room or in small groups to keep resourceful for everyone.



**Zoom Platform:** for Americas <https://zoom.us/j/665906293>

for EMEA <https://zoom.us/j/372630282>

**Duration:** 60 min plus Q&A time for those who want to stay on

- Welcome & intention for today , opening circle 10 min
- Journey with free topic with personal notes 15 min
- Journey with dedicated topic 20 min
- Group debrief & Closing circle 10-15 min
- Q&A 5-10 min

### **Time zones**

- Americas: 5.30 pm PST with start January 9<sup>th</sup> <https://zoom.us/j/665906293>
- EMEA: 7:00 pm CET with start Feb 6<sup>th</sup> <https://zoom.us/j/372630282>
- Zoom room open 10 min prior to start for connecting community chat

### **Thursdays in first half 2020:**

Jan 9<sup>th</sup>

Feb 6<sup>th</sup>

March 5<sup>th</sup>

April 9<sup>th</sup>

May 7<sup>th</sup>

June 4<sup>th</sup>

**Costs:** Donation based – recommended 10 - 15 US \$

- Paypal: [bizshaman@gmail.com](mailto:bizshaman@gmail.com) (EU) or [paypal.me/DareToTrust](https://www.paypal.me/DareToTrust) (US)
- USA: Venmo: @beachtig



### Where to be:

- Find a space where you feel safe and undisturbed for an hour (animals like dogs and cats are welcome to join drumming)
- Choose a comfortable sitting option on a chair or, if you like to lay down, a blanket or yoga mat
- Make sure you have good internet connection with Zoom app on your PC, smart phone, or audio line

### What to have with you:

- A bandanna, scarf, eye mask to cover your eyes for an easier journey
- A journal and pen for your notes and tracking insights
- Option to mute yourself – (\*6 when calling in on audio solely)
- Optional: Headset for better audio quality and to be more focused

### Prerequisites:

- Understand principles of shamanic journey
- Some success in shamanic journeying to upper and /or lower world
- Familiarity with Zoom platform as participant
- Openness to be in online community

### For first timers:

our circles are to deepen the practice of shamanic journey in a community. Please check out <https://www.bizshaman.com/drum-circles.html> for Videos on **Introduction to Shamanic Cosmology & How our Drum Circles Work.**

Feel free to contact Lily Zabler at [lz@lilyzabler.com](mailto:lz@lilyzabler.com) for a general introduction. If you like to get a shamanic ceremony to enter into this field of wisdom you can reach me (at [bizshaman@gmail.com](mailto:bizshaman@gmail.com) or [kathrin@bizshaman.com](mailto:kathrin@bizshaman.com))

many blessings

Kathrin M. Wyss