



Join us for this Fall 2026 Special Event!

Shamanic Pranayama



Saturday, September 26th from 10:00am – 12:00pm

This Shamanic Breathwork Practice will lead you on a journey to enhance your awareness of your body and energy while fostering a higher state of awareness. It will give you the opportunity to take a deep dive into your inner world through shamanic journeying to shift into your subconscious mind. This is an immersive experience and a great introduction into shamanic journeying. This practice is designed to ease any tensions in the mind, body and soul while helping release that which is stuck, stagnant or hindering your growth. The experience is an opportunity to heal, connect, release and re-align. Many have said that this practice has brought them peace, clarity, and a deeper connection to spirit. During this time together, you will be guided in a safe and sacred space with gentle breath coaching, rattling and drumming in a ceremonial practice.

Potential Benefits: 🌿 Slow down the automated thinking process 🌿 Release thoughts and patterns of thinking that hold us back 🌿 Quiet our Mind 🌿 Observe resistance to Life 🌿 Invite clarity of Thought 🌿 Invite new and revitalizing energy into our bodies 🌿 Oxygenation of every cell 🌿 Acceptance of self

No prior yoga experience needed. Open to ages 16 and up. **\$55** **Things to Bring:** Yoga mat & water bottle.

Please Note: If you have a heart condition, epilepsy, or risk of blot clots or aneurysm; clearance from a physician is required.

***Registration Required - Reserve your place in class today! Book Online www.WellnessSpaResort.com or call 715-341-3333 for more information. This class is on a pre-pay, non-refundable registration basis.**



Angela May knew her path in life was to share the knowledge and wisdom of yoga after completing her 200-hour yoga teacher training in Sacred Valley, Peru. As a professional yoga instructor, shamanic practitioner and healer, Angela guides people into listening to their inner self, stepping out of their comfort zone, and exploring their inner wisdom and ability to heal. Angela shares her creativity and talents as a local artist and co-created "Vibin' in the Pines" music, art and flow festival to bring an opportunity for many artists to share their own talents. She also teaches Meditation & Mindful Yoga, Salt Spa Yoga, Soothing Sound classes and specialty workshops at The Wellness Spa.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com