



Into Soulwisdom

A Pathway of Self-Connection

Into SoulWisdom: A Path of Self Connection is a weekend-long immersion where you will be engaged in practices of **meditation, self-inquiry, and energetic connection.**

This two-day journey **will immerse you in your inner world** through sitting, movement, and sounding meditation, encompassing various forms of meditation. Activities include connecting to field sensing, using our bodies as an oracle, and a practice I call auric listening.

By being in contact with our true selves, we **experience more relaxation, a stronger ability to navigate life's storms, and a deeper trust in life.**

- Connect with your deeper, inner self through meditation. Have meditation techniques that you can begin to build or deepen a practice upon.
- Expanded understanding of where your current patterns, challenges, blocks, and gifts are living inside of you.
- Have a stronger relationship with your authentic self.
- Walk away from this with deeper insight and a connection to who you are.

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Anayza is an intuitive, facilitator, and guide. Her journeys include many years of travel, mediation, and inner inquiry to connect with herself and rediscover what it means to be a human and a soul. Her modalities include systemic family constellations, sound healing, and energy alchemy. Ultimately, she feels all true change comes from deeply listening to the present moment. She has been sharing her work with the world since 2018, and has been guiding Into SoulWisdom 3-month journeys since 2020.

March 23 - 24

Saturday 9 am - 5 pm

Sunday 9 am - 5:30 pm

(Lunch from 1 - 2:30 pm)

Journeys Basecamp

Bothell, WA

\$195 - \$350, Sliding Scale

Financial Aid always available



Register at RiteofPassageJourneys.org • 425.485.7396