

Sacred Solstice Winter Festival 2021 Workshops

11AM - 12:30PM

Download from the Cosmos: Healing Sound & Mindful Movement Journey with Queen C & Pacha

Be bathed in the highest frequency during this divinely inspired sound healing and movement journey with local artists Pacha and Queen C.

Pacha is a Traditional Peruvian therapist and audiovisual artist from Cusco, Peru. As the director of Pachamama School of shamanic Studies, Pacha has been leading traditional Peruvian healing ceremonies for over 19 years. His sound reflects the ambiance of mother nature herself, wrapping you in the warmth of her vibrations and holding space for inner-exploration. As Pacha brings the vibes, expect to be guided through an invigorating yogic practice complete with breathwork and mindful movement by Queen C to begin the day of shifting from fear to love for Sacred Solstice 2021.

All levels are welcome. Please bring your own yoga mat, limited additional yoga mats will be available.

1:00PM - 2:00PM

Workshop Title:

Master Your Manifestations: Journaling & Intention Setting Workshop

Workshop Description:

Are you trying to manifest from a place of personal will, or purposeful desire? And the difference between the two? It's not what you think.

Join Queen Char for a process of tapping into your truest desires and identifying your honest core values. Learn to manifest from a place of inner knowing, not outward showing. Let yourself trust your process, your path, and let go of the performative spirituality that can leave you feeling unfulfilled, anxiety riddled and trapped within the mind. It's time to truly discover the elements of your own inner royalty, and sit on the throne where you belong. Welcome home.

FREE Custom printed journal provided to first 20 participants (pdf form given to all workshop attendees).



2:45PM TO 4:00PM

Workshop Title:

Cultivating Compassion: Shifting from Fear to Love, a Meditative & Melodic Yin Yoga Experience with Queen C & D'orjay the Singing Shaman

Workshop Description:

"One love, one heart, one destiny" ~ Bob Marley

Mindfulness, kindness, and human connectedness... elements of compassion that should not be taken for granted. Tuning into the frequency of compassion shifts and lifts the energy from within. It changes the lens in which we look through, and opens our heart's energy to give and receive from a place of abundance. This workshop is experiential based, featuring an introductory discussion on cultivating compassion in our daily life, leading into a melodic song and drum with yin yoga led by Queen Char featuring D'orjay the Singing Shaman.

D'orjay's shamanic sound is infused with their Pranic healing energy. Continued study with healers and shamans fuels their energy healing methods, while creative expression is a fundamental cornerstone to the deliverance of D'orjays work. Let their voice and musical expression soften your heart and create the space for compassion and connectedness to emerge.

All levels are welcome. Please bring your own yoga mat, limited additional yoga mats are available.

4:30 PM- 5:30PM

Workshop Title:

The Seed of Self Love: A Sacred Living Discussion

Workshop Description:

Move from Social Conditioning to Sacred Living with a guided discussion on DEcolonizing our mind, body and spiritual existence with Queen C.

With the power of radical self love, universal compassion and humanKIND identity we can make a real difference in this world, by first making a difference within ourselves and the community we live in. But what are the biases that shape our perception of each other... More importantly, what are the unconscious biases that shape the perception of ourselves?

We cannot call in a new earth without being aware of the limited consciousness that created the old one. We cannot become our most expanded selves without the awareness of where we have been stifled. In this workshop, we will question with an open mind and a loving heart the "truths" that have distorted our thinking, and outside of the colonial context, begin to imagine a world far outside the box we have been living in.

Learn what it means to step away from the lies, and into sacred truth.



6:00 PM -7:30

Workshop title:

UNTAMED: A Full Moon Afro YogiFlow Ceremony

Facilitated by Queen C and friends

Hip hop and Afro beats, Aromatherapy, Reiki, Tribal movement and Yogic flow to awaken your chakras and align your soul!

UNTAMED is a process of returning to our divine and sacred nature. Shed the shackles of inhibition, shame and fear, while attuning to the true wisdom of our bodies that social conditioning has attempted to alienate us from. The Full moon

This ceremony is for you to...

**Move through stuck emotions in your body*

**Create resilience by repatterning your nervous system with the power of rhythmic movement*

**Integrate divine inspiration received from the day of workshops*

**Unlock the gates of your authentic expression*

**And open your heart to the sacred liberation it desires*

Queen C and her friends invite you to experience the wholeness of you... UNTAMED.

8:00 PM until LATE

Speakeasy Femme Artist Showcase featuring DJ Vishus

Join us after the day of workshops for a night of celebration and continued elevation! Hosted by the incredible Nasra Adem, leader of Black Arts Matters, the evening features a well-curated showcase of YEG femme talent including spoken word, music, and dancing! To cap off the night, DJ Lady Vishus will spin some urban beats to celebrate your shift and be immersed in passion and creative energy! (Ages 18+ after 8pm)

Hosted and performance by: Nasra

Featuring:

Shia Sankofa

Braidedwave

IVC Light Twerkers

Queen C

And DJ Vishus

