



# June 22, 23, 2017 10am-3pm Minwaashin Lodge

1155 Lola Street Ottawa

For more info: (613) 741-5590, x 224

Medicine Song Woman Brenda MacIntyre, **author** and artist of the Medicine Song Oracle Cards™ & Music, is a **Juno** Award-winning singer, speaker, indigenous drummer and wisdom-keeper, and Living Your Truth Out Loud Mentor. Brenda has shared her leadership and soul nationally on stage and in the media, such as **MuchMusic, APTN, CTV, CP24, Global** and **CityTV's Breakfast Television**, as well as **CBC Radio**. Having experienced major loss and fear of being seen and heard, she is passionate about helping women to stop holding back, discover the power of their gifts, and create success out of the mess of REAL life.

Thursday, June 22, 2017	Friday, June 23, 2017
<p><b>½ hour sessions</b></p> <p><b>FIND YOUR VOICE</b></p> <p><b>3 Steps to Instantly</b></p> <ul style="list-style-type: none"> <li>• <b>Boost Your Confidence</b></li> <li>• <b>Bypass Perfectionism</b></li> <li>• <b>Help You Speak Your Truth</b></li> <li>• <b>Practice drumming exercises for confidence, healing &amp; well being</b></li> <li>• <b>Interactive Musical Exercises</b></li> </ul> <p>Register with Irene Compton via email <a href="mailto:icompton@minlodge.com">icompton@minlodge.com</a> or phone 613-741-5590 x 224 to book an individual appointment with Brenda</p>	<p><b>Sing Yourself Alive</b></p> <p>CIRCLE OF DRUMS &amp; VOICES</p> <p>A Whole Day of Relaxation, Fun &amp; Self-Discovery</p> <ul style="list-style-type: none"> <li>• Explore the power of your voice &amp; have fun with rhythm</li> <li>• Gain inspiration</li> <li>• Connect with your breath, voice &amp; body</li> <li>• Connect to your spirit, inner voice &amp; sense of rhythm</li> <li>• Learn to use your voice to empower yourself</li> <li>• Drum Awakening</li> <li>• Song Catching, Healing Songs</li> <li>• Aboriginal Women's Songs</li> </ul>

## NO MUSICAL EXPERINECE NECESSARY

Hand drums & Shakers Welcome

If you want your drum awakened, please bring tobacco for request

Minwaashin gratefully acknowledges funding from the City of Ottawa

