



Phoenix 2011

QUODOUSHKA II

A Shamanic Approach to Spiritual Sexuality

Quodoushka II: November 17-20 for singles & couples
Thursday evening – Sunday evening

***Transformative shamanic teachings, guided exercises and ceremonial experiences.
Imagine that sex is natural, sacred and beautiful.***

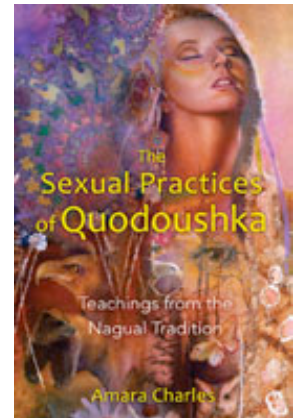
Experience how the gift of your sexuality is your most powerful resource for full self expression, health, hope, happiness, harmony and humor.

Quodoushka Level Two

Quodoushka Level Two is about embracing your newfound sexual energy to transform your relationships into more endearing, passionate unions. You will release deeply held resentments that hold you back from fully feeling your sexual pleasure and you will discover ways to turn sexual distance into deeper intimacy.

You will also learn amazing shamanic lover's techniques to share with a partner — whether you are in a relationship or are looking for one. As in the Q1, you may attend Q2 as a single or with a partner.

Quodoushka Two exercises help you understand what you truly need as a man or a woman in order to enjoy a rich, healthy sexual life. As you learn skills to become a better lover, you will experience how honest sexual communication paves the way for more sexual joy, passion and playfulness. You will return home knowing how to sustain more heartfelt passion in your intimate relationships.



YOUR FACILITATORS



AMARA CHARLES Keeps the Fire has been an apprentice of the Sweet Medicine SunDance Path of Turtle Island since 1987. She has traveled teaching Quodoushka Sexuality workshops internationally for over twenty years. Amara is the author of *Sexual Agreements*, *Aching to Open* and *Erotic Touch for Two*. From 1993-2000 she helped establish the Red Lodge Yearlong shamanic ceremonial program for the Deer Tribe Métis Medicine Society and has led teen Rites of Passage, Wondercamp and Vision Quest programs for many years. She is the founder of Nourishing Arts, providing courses in Shamanic sexuality and Taoist Sexual Arts.
www.amaracharles.com



JOHN Thunder Wolf began his shamanic training in the Sweet Medicine Sundance Path in 1985. He leads the Black Lightning Lodge in Canada. John embodies the strength, confidence and gentleness of the masculine. He brings the experience of his rich and varied life as a professional classical musician, teacher, psychotherapist, father and husband. As a Quodoushka facilitator he is a wonderful guide through the maze of human sexuality. He brings humor and care in helping others to find their naturalness within their sexuality. John also leads powerful inspiring programs for men. He has a vision of men returning to balance and finding their strength, power and beauty through ceremony and the community of the masculine. He also brings the shamanic healing ways of the Sweet Medicine Sundance Path.

FOR MORE INFORMATION: AMARA CHARLES • 602 820 4661 • amara@amaracharles.com

PLAN TO ATTEND NOW AND SAVE

Nonresidential in a private home. Individual \$695/Couple \$1300 or \$595/\$1150 if paid in full by October 1. Q1 GRADUATES SPECIAL and SMSD Apprentices: \$495 or \$395 if paid in full by October 1.

Visa/MC/checks to Nourishing Arts. **Send payment in full or a deposit of \$100 (US) per person to:**

Nourishing Arts | 3741 East Shangri La Road | Phoenix, AZ 85028.

AmaraCharels.com

SCHEDULE: for November 17-20, 2011 - QII

Thursday 5 - 7 p.m. registration, teachings begin at 7 pm
Friday 9 a.m. - approx. midnight, with a 2 hour dinner break
Saturday 9 a.m. - approx. midnight, with a 2 hour dinner break
Sunday 9 a.m. - 5 pm

Please register me for: North Carolina Quodoushka II, November 17-20

Individual \$695 — Paid in full by October 1 \$595
Couple \$1300 — Paid in full by October 1 \$1150

Q1 GRADUATES SPECIAL & SMSD Apprentices: \$495 — Paid in full by October 1 – \$395.

Please print: Name.....
Address
..... City
State..... Zip..... Phone
Email..... MC Visa Check Money order
Card No.....
Expiration date..... Print name
3# security code..... Signature
Billing address zip code..... total \$.....

Send payment in full or a deposit of \$100 (US) per person to:

Nourishing Arts 3741 East Shangri La Road Phoenix, AZ 85028

Make checks payable to Nourishing Arts

Registration is limited and subject to confirmation.

Specific location and all the information you will need to attend will be given upon registration.

CANCELLATION POLICY: You must notify us 10 days before the event. There is a \$100 nonrefundable fee for office expenses. Within 10 days, the fee is \$250 non-refundable.

FOR MORE INFORMATION or to Register Online: www.amaracharles.com

AMARA CHARLES 602.820.4661 amara@amaracharles.com