

# Feminine... Dancing On Fire

## An Ancient Community Healing Ritual of Personal Empowerment

with Charlotte Carreira

& guest facilitator Luna Leza from Dancetribes

### Sat. May 7 • 6:00-11:00pm

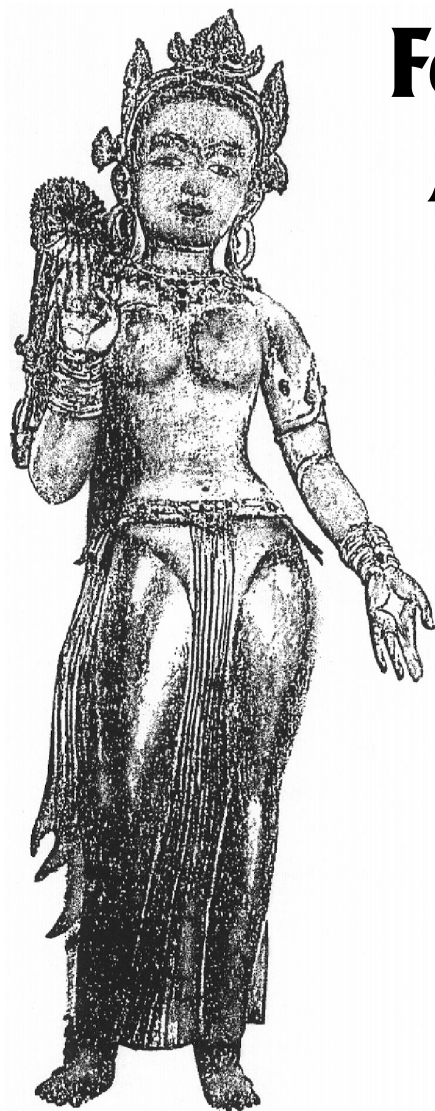
### It is Time for Us to Become Our Own Ritual The Call for Community is Great

The life enhancing and creative power of this ritual is offered to help us witness a shift in our perception of what is possible in our lives and for our community.

**As we gather in honor of the feminine—to walk on fire and/or support each other in doing so—we become receptive to:**



- Honoring the power of Ritual
- Reflecting on the beliefs we hold that heal & empower us
- Transforming our fears into graceful action
- Reclaiming our power by trusting in the Unknown
- Experiencing the Sacred Power of strength, courage and faith that only miracles know
- Connecting with the grounding element of Mother Nature and learning to use it as a viable source in our lives



**Practiced by people all over the world for thousands of years, the Firewalk is a Sacred Ritual used as a Rites-of-Passage Ceremony.**

**Charlotte Carreira** is a certified firewalk instructor and since 1989 has facilitated thousands of people in the firewalk ritual. She is a nutritional intuitive, wellness coach and has an ear candling practice in Santa Cruz. She lives in Santa Cruz with her children Willow & Nathan.

**Luna** discovered dance as her Path to Spirit in 1987. Blending her experience of the essence of Sufism and Dance Meditation with breath awareness, she encourages community devotional dance.

**\$100 per person in advance—group rates available**

Early registration helps us prepare sacred space and firewood for the group. A portion of the funds generated from this walk will go to benefit the family of Robbie Underhill, a firewalk instructor who recently passed on...

**To Register:** 831-688-1858 or [wellnesscoaches@sbcglobal.net](mailto:wellnesscoaches@sbcglobal.net). or mail non-refundable tuition to: **Optimal Health Educational Foundation** P.O. Box 724, Capitola, CA 95010

