



Stars to Sea **Shamanic Training** *Workshop Offerings*

About

Immersive workshops, retreats, and professional shamanic trainings that reconnect people with themselves, one another, the natural world, and spirit. Rooted in experiential learning, ceremony, storytelling, and nature connection, each gathering is thoughtfully tailored to the needs of your community or organization. *Trainings and circles led by Elaine Hyde, who completed her advanced apprenticeship with Daniel Leonard of Medicine Circle and honours the teaching lineage of Helena Frank, Daniel Leonard, Sandra Ingerman, and Michael Harner.*

Full and Complete Education

Our workshops are designed to be welcoming, engaging, and deeply experiential. Rather than simply sharing information, we invite participants into meaningful experiences that encourage reflection, connection, creativity, and personal insight. Whether gathering in a

classroom, retreat centre, workplace, conference, or out on the land, our intention is to create a space where people feel supported, inspired, and empowered to carry what they have learned into their everyday lives.

Who we Meet with

Stars to Sea offers workshops, retreats, and professional trainings for retreat centres, wellness organizations, schools, colleges and universities, Indigenous communities, non-profit organizations, conferences, healthcare and mental health professionals, corporate wellness programs, community groups, and festivals. Each offering is thoughtfully adapted to the age, experience, and unique needs of your participants, creating an experience that is accessible, engaging, and meaningful for both beginners and experienced practitioners alike.

What to Expect

Every workshop is rooted in experiential learning and may include guided journeying, ceremony, storytelling, nature connection, creative expression, group discussion, mindfulness practices, and practical tools for daily life. Workshops can be offered indoors, outdoors, or as a combination of both, and are tailored to your venue, schedule, and desired learning outcomes.

No previous experience is required unless otherwise noted. Advanced trainings have prerequisite requirements to ensure

participants are prepared for the depth of the work.

One Day Trainings

Schedule

4-Hour Workshop

Recommended Participant Fee

85–120 CAD

Included in the Experience

- Introduction to shamanic journeying
- Guided healing journeys
- Ceremony and ritual
- Practical techniques and experiential learning
- Community connection and group discussion
- Storytelling and shared reflections
- Question & answer session
- Herbal tea and light refreshments

Ideal for: Schools, community organizations, summer camps, homeschool groups, libraries, and youth programs.

Wild Hearts Youth Camp

A joyful and engaging introduction to nature connection, creativity, movement, and self-discovery. Through storytelling, animal-inspired movement, shapeshifting, art, games, mindfulness, and outdoor exploration, children are encouraged to build confidence, develop emotional resilience, celebrate their unique gifts, and deepen their connection with one another and the natural world.

Meet Your Power Animal & the Natural Realms

Experience the foundations of shamanic journeying while developing a deeper relationship with your helping spirits, the natural world, and your own inner wisdom. Through guided journeys, storytelling, ceremony, and experiential learning, participants are introduced to practices that cultivate connection, insight, and personal growth.

Facilitation Fees

500–750 CAD

2 Day Trainings

Schedule

2 Days (8–12 Hours)

Recommended Participant Fee

225–350 CAD

Included in the Experience

- Foundations of shamanic practice and experiential learning
- Guided journeys, ceremony, and ritual
- Practical techniques and hands-on skill development
- Nature connection and outdoor learning (where applicable)
- Partner and small group practice
- Storytelling and shared reflections
- Community connection and facilitated discussion
- Question and answer sessions
- Personal integration practices and take-home resources
- Herbal tea, light refreshments, and workshop materials

Wild Heart Camp

A deeper immersion designed to help children discover their strengths, express themselves creatively, and develop meaningful relationships with nature and community. Through guided adventures,

shapeshifting journeys, movement, storytelling, collaborative art, and outdoor exploration, participants learn to trust themselves, support one another, and recognize the unique gifts they each bring to the circle.

Introduction to the Art of Shamanic Journeying

Build a strong foundation in contemporary shamanic practice through guided journeys, ceremony, ethics, and nature connection.

Walking Middle Earth

Deepen your relationship with the natural world by exploring the wisdom of the land, the elements, plants, trees, and helping spirits.

Stairway to Heaven

Explore compassionate psychopomp work, learning practices that honour the sacred transition of death and support the living with presence, respect, and care.

The Underworld

Journey into the lower world to explore transformation, ancestral wisdom, shadow work, resilience, and tending the inner flame.

Shapeshifting

Discover the teachings of animal allies through movement, storytelling, guided journeys, and traditional stories of Fox Woman, Wolf Skins, Selkie Folk, and other shapeshifting traditions from around the world.

Facilitation Fees

1,500–2,200

5 Day Trainings

Schedule

5-Day Retreat or Professional Training

Recommended Participant Fee

995–1,395 CAD (own Accommodation)

1,695–2,495 CAD (Accommodation and most meals)

Accommodation and meals may be included or offered separately depending on the venue and host organization.

Included in the Experience

- A rich, immersive learning experience rooted in community, ceremony, and nature
- Progressive daily teachings that build in depth throughout the week
- Guided shamanic journeys for healing, insight, and personal transformation
- Sacred ceremony, ritual, and experiential learning
- Practical techniques to support personal practice and ongoing spiritual development
- Nature immersion, seasonal teachings, and land-based practices
- Individual, partner, and group healing experiences
- Storytelling, mythology, and ancient earth-based wisdom
- Time for reflection, integration, journaling, and meaningful conversation
- Compassionate mentorship, community support, and shared learning

- Opportunities to deepen intuition, confidence, and trust in your own experience
- Lasting friendships and connection within a supportive learning community
- Digital resources, recommended readings, and continued practices to support integration
- Certificate of completion (where applicable)
- Herbal tea, light refreshments, and workshop materials

Ideal For

Those seeking a meaningful and immersive journey of healing, personal growth, and spiritual development. Whether you are beginning your path or deepening an existing practice, Stars to Sea offers a welcoming community where education is woven together with authentic experience, personal transformation, and a lifelong connection to the natural world.

Now Being Offered

Golden Rings Retreat; *Explore the Inner Realms*

The Five Rings are a journey through the living landscapes of the heart, earth, spirit, sky, and fire. Each ring offers a unique doorway into transformation, inviting you to slow down, awaken your senses, deepen your relationship with the natural world, and remember the wisdom already within you. Through guided journeys, ceremony, storytelling, creativity, and community, each gathering builds upon the last, weaving together a path of compassion, belonging, vision, and purpose. Whether you

attend a single ring or walk the full circle, each experience offers its own medicine while contributing to a deeper journey of remembering who you are.

Dark Goddess Series; *Honouring and studying the ways of the dark goddess cults*

Recalling the Lost Teachings, Ancestor Honouring, Wolf & Cauldron Initiation, Weaving and Creating from the Underworld, Walking the Truth in the World

Spiral Dance; *Celtic Traditions and Rituals*

The Spiral is an invitation to embrace transformation as a living, cyclical journey. Rather than seeking a destination, we learn to trust the wisdom found in returning, remembering, and growing through each season of life. Through guided shamanic journeys, ceremony, storytelling, creative expression, and embodied practice, participants explore the patterns that have shaped them, release what no longer serves, and reconnect with the deeper wisdom of their soul. Together, we walk the Spiral with curiosity, courage, and compassion, discovering that every ending holds the seed of a new beginning.

Shamanic Training Level I; *Foundations of Shamanic Practice*

An immersive introduction to shamanic practice designed to build a strong foundation in ethical journey work and personal spiritual development.

Topics: History and ethics of shamanic practice, the Three

Worlds, protection and energetic boundaries, journeying with the drum, meeting helping spirits, Power Animal Retrieval, nature connection, working with the elements, ceremony and intention, spiritual hygiene, compassionate witnessing, integrating journey experiences, developing a daily practice.

Shamanic Training Level II; *Healing & Personal Transformation*

- *Pre-event planning meeting with the host*
- *Guided experiential practices and ceremony*
- *Participant workbook or resource materials (digital unless otherwise arranged)*
- *Basic materials list provided in advance*
- *Post-workshop integration resources (where applicable)*
- *Publicity photos, biography, and promotional copy for marketing*
- *Certificate of completion (for training programs, where applicable)*

Shamanic Training Level III; *Community, Facilitation & Stewardship*

Meant for preparing practitioners to bring their gifts into service through community leadership, facilitation, ceremony, and ethical practice.

Topics: Facilitating groups, holding sacred space, community healing, ceremony design, land work, navigating challenging situations, professional ethics, teaching skills, building a sustainable practice, stewardship, leadership, walking between worlds in everyday life.

Host's Responsibilities

- *Venue*
- *Participant registration*
- *Travel to and from the venue*
- *Accommodation for overnight bookings*
- *Meals during the event*
- *Marketing and local promotion (unless a joint promotion is agreed upon)*

Additional Services

- *Additional facilitators for larger groups*
- *Individual healing sessions*
- *Evening fires or ceremonies*
- *Community talks*
- *Custom curriculum development*
- *Ongoing mentoring and integration sessions*

Facilitation Fees

4,500–6,500

Included in Offering

- *Lead facilitation by **Elaine Hyde***
- *One assistant facilitator or co-teacher (when required for group size and participant support)*
- *Curriculum and workshop design*

Facilitator Fees

Stars to Sea is committed to making meaningful learning experiences accessible while recognizing the diverse capacities of

the communities we serve. Fees are offered on a sliding scale based on the size, type, and resources of the host organization.

Offering	Sliding Scale (CAD)
Guest Speaker (60–90 min)	250–350
Two-Hour Workshop	350–250
Half-day (3–4 hours)	500–750
Full day	900–1,250
Two-day training	1,500–2,200
Weekend retreat (2–3 days)	2,500–3,500
Five-day training	4,500–6,500

Community, Indigenous, educational, youth, and non-profit organizations are encouraged to connect to discuss accessible pricing. Travel, accommodation, meals, venue, and applicable materials are additional unless otherwise arranged.

Contact

For more information to Book a Workshop contact Elaine Hyde at hereandnow.elaine@gmail.com or visit <https://www.starstosea.com/>.