STARS TO SEA SPIRITUAL SOCIETY

BETWEEN WORLDS

WALKING WITH WOLVES

LEVEL I | FOUNDATIONAL SHAMANIC TRAINING

Five-day, four-night ceremonial intensive
Rocky Mountain foothills near Cochrane, Alberta

February 22–26, 2027 | Dates and venue to be confirmed

A foundational pathway in personal healing, journeying, ceremony, sacred relationship, and compassionate community practice.

PROGRAM OUTLINE • 2027

An Invitation to Walk Between Worlds

There is a time when we are called to listen more deeply: to the natural world, the stories of our ancestors, and the relationships that connect us to the seen and unseen. Walking with Wolves is an invitation into the foundations of shamanic practice through guided journeys, ceremony, personal reflection, and community.

The Wolf reminds us of the individual within the pack. Over five days, we explore spiritual relationships, the foundations of journeying, the responsibilities of holding space, and ways of carrying these teachings into everyday life. We learn individually, in groups of three, and within the larger circle. No previous shamanic training is required.

The Three Stars of Foundational Training

✦ Personal Healing & Spiritual Development

Establishing a personal shamanic practice through journeying, spiritual allies, self-healing, grounding, discernment and integration.

✦ Ceremony & Sacred Relationship

Creating sacred space, working with land and elemental relationships, developing personal ceremony, prayer and reciprocity.

✦ Supporting Others & Community Practice

Learning to listen, witness and facilitate introductory spiritual practices with consent, compassion, boundaries and responsibility.

What You Will Carry Forward

Students develop practical foundations for personal spiritual work and for respectfully supporting others. The emphasis is on experience, ethical judgement, practice, and knowing when further training or referral is needed.

- A sustainable personal journeying and ceremonial practice
- Foundational understanding of power animal relationships and spiritual guidance within the teaching tradition
- Confidence creating sacred space, offering prayers and facilitating introductory ceremonies
- Experience in guided practice, witnessing, and small-group healing exercises
- A training book, practical demonstrations, reflections, and community casework journal
- A continuing learning community and a pathway toward Level II

What This Training Is — and Is Not

This is spiritual education and experiential training. It is not medical or mental-health treatment, nor does Level I alone authorize advanced soul retrieval, extraction work, psychotherapy, diagnosis, or regulated professional practice. Students work within demonstrated competence, informed consent, applicable law, and any professional insurance requirements.

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The Foundational Teachings

Shamanic Journeying & Spiritual Allies

- Rhythmic journeying and returning safely from practice
- Exploration of the three worlds within the tradition
- Relationships with power animals, helping spirits and teachers
- Merging, embodiment, grounding, boundaries and discernment
- Recording, reflecting upon and integrating journeys

Foundations of Shamanic Healing

- Healing stories and spiritual perspectives on wholeness
- Spiritual anatomy and traditional concepts of imbalance
- Vibration, resonance and sound in ceremony
- Introductory power animal retrieval and spiritual inquiry
- The role of soul retrieval and the importance of appropriate preparation and integration
- Consent, confidentiality, compassionate presence and referral boundaries

Ceremony, Land & Elemental Relationship

- Opening and closing sacred space; personal altar and tools
- Prayer, reciprocity and respectful offerings
- Elemental relationships, tracking and listening to place
- Introductory land-healing approaches and collective ceremony
- Designing meaningful ceremonies rooted in personal practice and respectful cultural learning

Holding Space & Community Practice

- Listening without directing or interpreting another person's experience
- Facilitating introductory journeying and small circles
- Groups of three: practitioner, recipient and witness
- Preparation, consent, ethical boundaries and integration
- Understanding the limits of introductory practice

Teaching Method

The intensive blends substantial core teaching blocks led by Elaine and Manpreet, demonstrations and teaching by Toni and Eve with collegial support, student practice, outdoor land work, contemplative time, optional gentle movement, and opportunities for reflection. Ceremonial contributions by Toni and Eve are intentionally left open for their own design.

The Five-Day Journey

MONDAY | Entering Between Worlds

Arrival from 3:00 PM; welcome packages and training book; opening circle, group agreements, sacred space, introduction to shamanic practice and the medicine of the Wolf.

TUESDAY | Know the Heart, Know the Dark

The three worlds, journeying foundations, helping spirits, grounding, boundaries, witnessing healing stories, guided practice and time for land contemplation.

WEDNESDAY | The Power of the Pack

Power animal relationships, retrieval foundations, merging, vibration and resonance, instructor demonstrations and supported practice in groups of three.

THURSDAY | Walking with the Land

Elemental relationships, listening to place, reciprocal offerings, introductory land-healing work, collective ceremony and outdoor integration.

FRIDAY | Carrying the Medicine Home

Personal prayers, integration, tracking journals, the 15-day practice, next steps, certificate recognition and closing ceremony. Program concludes at 2:00 PM.

Daily Rhythm

Meals are included. Full days generally include a morning contemplative option, breakfast, two core teaching/practice periods, lunch, afternoon outdoor or group work, personal integration time, dinner, and a ceremonial or reflective evening. Exact times and ceremony sequence may adapt to weather, venue arrangements and the group.

Land, Rest & Healing Clinics

The program intentionally protects space for outdoor practice, prayers and offerings on the land, quiet contemplation, optional gentle movement or yoga, journaling and optional healing-clinic experiences. These opportunities complement—not replace—the foundational curriculum. Participation is guided by consent, accessibility and appropriate care.

Your Training Book & Practical Application

Each student receives a substantial companion book for use during the intensive and afterward. It brings together core teachings, ceremony guidance, personal reflection, journey records, practice logs and casework pages. It is intended to become a living record of practice, not merely a manual to read once.

Practice Areas to Document

- Shamanic divination and spiritual inquiry: intention, process, reflection and ethical limits
- Power animal relationships and introductory retrieval practice: preparation, consent and integration
- Feeding the spirits, reciprocity and appropriate offerings
- Creating a ceremony: purpose, preparation, facilitation and reflections
- Land connection and personal quest/contemplation: prayers, observations and integration
- Small-group practice: practitioner, recipient and witness roles, feedback and learning

Fifteen-Day Personal Practice

Students are introduced to a 15-day morning ritual of grounding, land connection, journeying or contemplation, with reflective tracking. Suggested themes from the existing curriculum include land clearing, power animal relationships and elemental reflection. Students may adapt the practice to their circumstances and capabilities.

Level I Certification

The Level I certificate is awarded at the end of the five-day intensive to students who participate and demonstrate the foundational competencies taught during the training. Participation alone does not guarantee certification; the teaching team may discuss an appropriate completion plan where needed.

Community Practice: The Bridge to Level II

After Level I, students are encouraged to practise in community and record their experiences using the casework journal. Completion and review of the designated community practice requirements are mandatory for admission to Level II. This separates initial foundational certification from the deeper applied experience expected before progression.

Monthly Wolf Community Calls

Graduates are invited into monthly online circles for questions, mentorship, integration, guided practice and community connection. A suggested rhythm is a 90-minute gathering with check-in, teaching reflection, practice, questions and closing. The number of calls included in tuition, schedule and any continuation arrangements are to be confirmed before publication.

What Level I Graduates May Begin to Offer

Within their demonstrated abilities, with informed consent and any required professional qualifications or insurance, graduates may begin to integrate the following foundational practices:

Practice area	Foundational application
Personal practice	Independent journeying, grounding, personal ceremonies and integration
Sacred space	Creating and maintaining space for individual or small-group practice
Guided journeying	Introductory guided journeys after demonstrated competency
Power animal work	Introductory spiritual support and retrieval practice within training limits
Divination	Foundational spiritual inquiry and reflection with consent
Community circles	Supporting or co-facilitating small ceremonial gatherings
Land ceremony	Respectful gratitude, prayer, offerings and land connection
Complementary work	Appropriate ceremonial elements alongside existing qualified modalities

Level I is not the full practitioner pathway and does not guarantee eligibility for professional insurance. More advanced healing practices require further study, mentorship and competence.

The Pathway Forward

LEVEL I — Foundational Training: five-day intensive and foundational certification.

BETWEEN LEVELS — Community Application: documented practice, reflection, monthly support calls and casework review.

LEVEL II — Immersive: further training following satisfactory community casework and readiness review.

LEVEL III — Intensive: a later stage of the pathway, with details to be announced.

Our Teaching Circle

Elaine Hyde

Co-Lead Instructor | Stars to Sea Spiritual Society

Shamanic practitioner, teacher and ceremonial facilitator. Elaine's apprenticeship includes study with Daniel Leonard through the Medicine Circle, alongside teachings from Helena Frank. Her teaching centres on spiritual relationships, land, personal healing and community.

Manpreet Kaur

Co-Lead Instructor | Shamanic Practitioner & Teacher

Originally from India, Manpreet has practised shamanism since 2017, participated in teaching training programs for five years and helped lead advanced shamanic training retreats. She brings experience, wisdom and substantial core teaching leadership.

Antonia (Toni) Nicholas

Co-Instructor | Holding Circle Indigenous Healing

Toni brings her experience, cultural perspectives and ceremonial understanding, while helping organize the gathering and connect the community. She teaches foundational practices and contributes her own ceremonial offerings.

Eve Carty

Co-Instructor | Levity for Life

Eve brings experience in ceremony and learning environments, preparing sacred space, teaching foundational practices, leading demonstrations and designing healing ceremonies.

Our shared foundations include teachings from Daniel Leonard and the Medicine Circle. Each instructor also brings distinct teachers and backgrounds. We honour the cultural origins of practices and the importance of respectful learning.

Training Investment

Entrance Amount	**2026**
Early entrance — registration on or before December 24,	$1,250 CAD

Regular entrance — after December 24, 2026 $1,450 CAD

Tuition includes five days of instruction, four nights of retreat accommodation, meals, refreshments, teaching materials, ceremonies and guided journeys, and guidance from the teaching circle. Access to monthly community calls and support, following the training. Supportive payment arrangements follow the introductory conversation.

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Location, Accommodation & Travel

The retreat is planned for the Rocky Mountain foothills near Cochrane, Alberta, we will discuss exact location in our meeting. The nearest major airport is Calgary International Airport.

Four nights and meals are included. Staying onsite is strongly encouraged for rest, integration and community. Requests to commute may be discussed individually. Private room details, shared facilities, ride-sharing and any airport transfer arrangements will be confirmed separately.

What to Bring

Ceremonial blanket

A comfortable blanket for journeys and ceremonies.

Rattle — required

Bring a clear, resonant rattle. A limited number may be available for purchase by prior arrangement.

Drum — optional

Bring a drum if you have one; not required for Level I.

Tobacco or meaningful traditional herb

A small amount where appropriate to your own cultural or spiritual practice and venue rules.

Your prayers

Bring prayers for yourself, family and community; seek permission before offering prayers on another person's behalf.

Personal essentials

Journal, pen, comfortable indoor clothing, warm layers, outdoor boots, slippers, water bottle, toiletries, medications and personal necessities.

Meals, Access & Wellbeing

Meals are included. Following acceptance, participants will be asked about dietary requirements, allergies, accessibility needs and relevant practical accommodations. Participation forms and a waiver must be completed before attendance.

How to Apply

No prior experience is required. Prospective students are invited to book an introductory video consultation to meet a member of the teaching circle, discuss their intentions and ask questions. The current plan is a short application followed by a 20-minute conversation, acceptance, registration and preparation.

Book or apply: www.starstosea.com/wolf

If you cannot book online, call Toni Nicholas at 236-993-3634. Alternatively, email a 15-minute introductory video to hereandnow.elaine@gmail.com.

Prompts for Your Video Introduction

1. What has called you toward the shamanic path, and what has brought you to this training? 2.
What are you hoping to discover, develop, or deepen through the experience?
3. Within a circle, what does it mean to you to listen to and honour another person's journey without needing to direct it?
4. How do you hope to bring these teachings into your relationships, community, or everyday life?

There are no right or wrong answers. You do not need to disclose personal trauma or intimate healing experiences. Please bring your own questions to the consultation.

After Acceptance

🎬 Receive the registration link, deposit and balance terms, and cancellation policy
🎬 Complete participation consent/waiver, emergency contact and dietary/accessibility forms
🎬 Receive Manpreet's welcome video, packing guidance and preparation information 🎬
Begin personal preparation and arrive ready for the opening circle

Frequently Asked Questions

Do I need experience? - No. This is a foundational training.

Will I receive a certificate? - Yes, following successful completion and demonstration of Level I competencies.

Can I practise professionally? - Level I is not the full practitioner pathway. Insurance and lawful scope depend on the services offered, individual qualifications and insurer terms.

What happens afterward? - Community calls and documented community casework provide continuing support and a pathway toward Level II.

Is this a healing retreat or training? - It is an intensive educational training; personal healing, reflection, and transformation are natural parts of the experience, the primary purpose is to learn and develop practical skills in shamanic journeying, ceremony, spiritual relationships, and holding sacred space.

Participants will engage in both personal healing practices and supervised learning, building a foundation they can carry into their own lives and communities.

This is a spiritual and educational program, not a clinical or therapeutic treatment, and it does not replace medical or mental-health care. Community support complements, rather than replaces, professional care when that care is

Walking Forward Together

We enter the circle as individuals, carrying our own stories, questions and prayers. Through the teachings of the Wolf, we learn to listen, witness, honour the mystery and carry our responsibilities with care. May these relationships continue to grow in the places and communities we call home.

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