

— Shamanic Training —

Wolf Circle

Applications open until filled; waitlist available. Training Begins September 2025.

Outline

Immerse yourself in learning that will last a lifetime through a life-changing, unforgettable, rich and transformative experience. A return of personal power.

This program is designed for personal exploration and self-healing, and consists of three in-person retreat weekends (Thursday-Sunday) and monthly online sessions for a total of 111 hours of teaching (85 retreat hours of training, 26 online teaching hours).

In the year together, you will work with the same group of participants and develop a general knowledge of a variety of modern shamanic healing techniques and skills and an in-depth knowledge of shamanic journeying techniques. After the training, you will have the skills to offer healing sessions to others, if you wish.

Those who complete the training and homework (case studies) will receive a certificate in shamanic healing from Stars to Sea.

Training is led by Elaine Hyde, under the teaching lineage of Helena Frank and Daniel Leonard, Sandra Ingerman and Michael Harner.

What you'll learn

- Discover how to work with your power animals and spirit helpers to help you in your daily life, with creative projects
- Uncover your natural gifts and medicines and practice applying them to help yourself and others
- Deepen your connection with life and experience healing that brings fundamental shifts and alignments to your higher purpose

Course Requirements

Participants must commit to attending all in-person retreats. There are no makeup weekends; it is best to be together in ceremony throughout.

Full attendance of online calls.

Completion of 30 Case Studies. One page in length.

No previous shamanic experience is necessary, however, recommended to know how to journey. Easily find Sandra Ingerman's free resources on the shamans cave.

Retreat schedules

There are three in-person retreats. **The first retreat will be September, BC.** (Location TBA.) The other two retreat dates will be decided upon as a group but will be in the same area and in the Winter and early Summer.

Note: You are responsible for covering your own food, accommodation and travel costs, in addition to the training costs.

Retreats run from Thursday to Sunday:

- Thursday 6:00 pm-11:00 pm
- Friday 9:30 am-12:30 pm; 1:30 pm-5:00 pm
- Saturday 9:30 am-12:30 pm; 1:30 pm-5:00 pm
- Sunday 9:30 am-12:30 pm; 1:30 pm-4:00 pm

Retreat learnings

Retreat no. 1: SEPTEMBER 2025

- Shamanic journeying
- Meeting your power animals
- Merging practice
- Power animal dance
- Protection tools
- Meeting your drum
- Learn power animal retrieval
- Travel the other-worlds
- Learn to narrate journeys
- Divination
- Soul remembering
- Reasons for shamanism today • Overview of illness from a shamanic Perspective
- The healing story

Retreat no. 2: JANUARY 2026

- Extraction
- Introduction to psychopomp: Working with, guiding and healing the spirits of the dead
- Ancestor connections and healing
- Land healing
- Working at a distance

- The power of group healing
- Shamanic craft and art making

Retreat no. 3: MAY 2026

- Soul retrieval (parts 1 and 2)
- Elemental guides
- Fire ceremony
- Distance healing
- Sharing your gifts with the circle
- Working with your community
- Walking balanced between worlds

GRADUATION: Deadline for final case studies October 2026

Offerings to you

- One (1) Soul Retrieval Ceremony with Elaine (part of the application process)
- A complete, high-quality education in shamanic healing over 13 months; not just participation in ceremonies but fundamentals of the shamanic method and teachings to hold your own ceremony
- Learn practical skills through your connection with the sacred
 - Three (3) in-person four-day long retreats (Thursday-Sunday), where you will experience powerful group ceremonies with like-minded people and enjoy gentle growth in a safe and supportive environment (79.5 hours)
- 13 online teaching sessions with a journey and Q&A, including one (1) preparation call (18 hours)
- Reduced Healing and Support Calls 50% Discounted
- Online group chat and support •

Access to the greater Stars to Sea
and Medicine Circle shamanic
graduate community

- Access to a Student Resource page
through Stars to Sea
- Notes on marked case studies

For graduates of the program

- Access to rituals and teaching
documents
- Possibility to join the teacher training
mentorship program
- Application to the Medicine Circle
Advanced Shamanic Program

Payment

Total payment for the Shamanic Training
Wolf Group is \$2448, tax included. **An
application fee of \$300 is required to
hold your spot upon acceptance into the
program;** this fee will be applied to your
Soul Retrieval Ceremony and is additional
to the course cost.

The total payment covers all
teachings—in-person and online—and a
printed copy of the training handbook (53
pages).

Stars to Sea also offers the following
payment plans:

- Single (1) payment of \$2448
- Two (2) payments of \$1224
- Three (3) payments of \$816
- Twelve (12) payments of \$204

Please look to www.starstosea.com/plans
where you will find payment options. Your
first/full payment is due by/before first

group.

Teachers

This program is led by Elaine Hyde.
Assistant teachers are Manpreet Kaur,
Dana Vallee and Antonia Nicholas.

Contact

For more info or to apply, contact Elaine
Hyde at hereandnow.elaine@gmail.com or
visit <https://www.starstosea.com/>.