

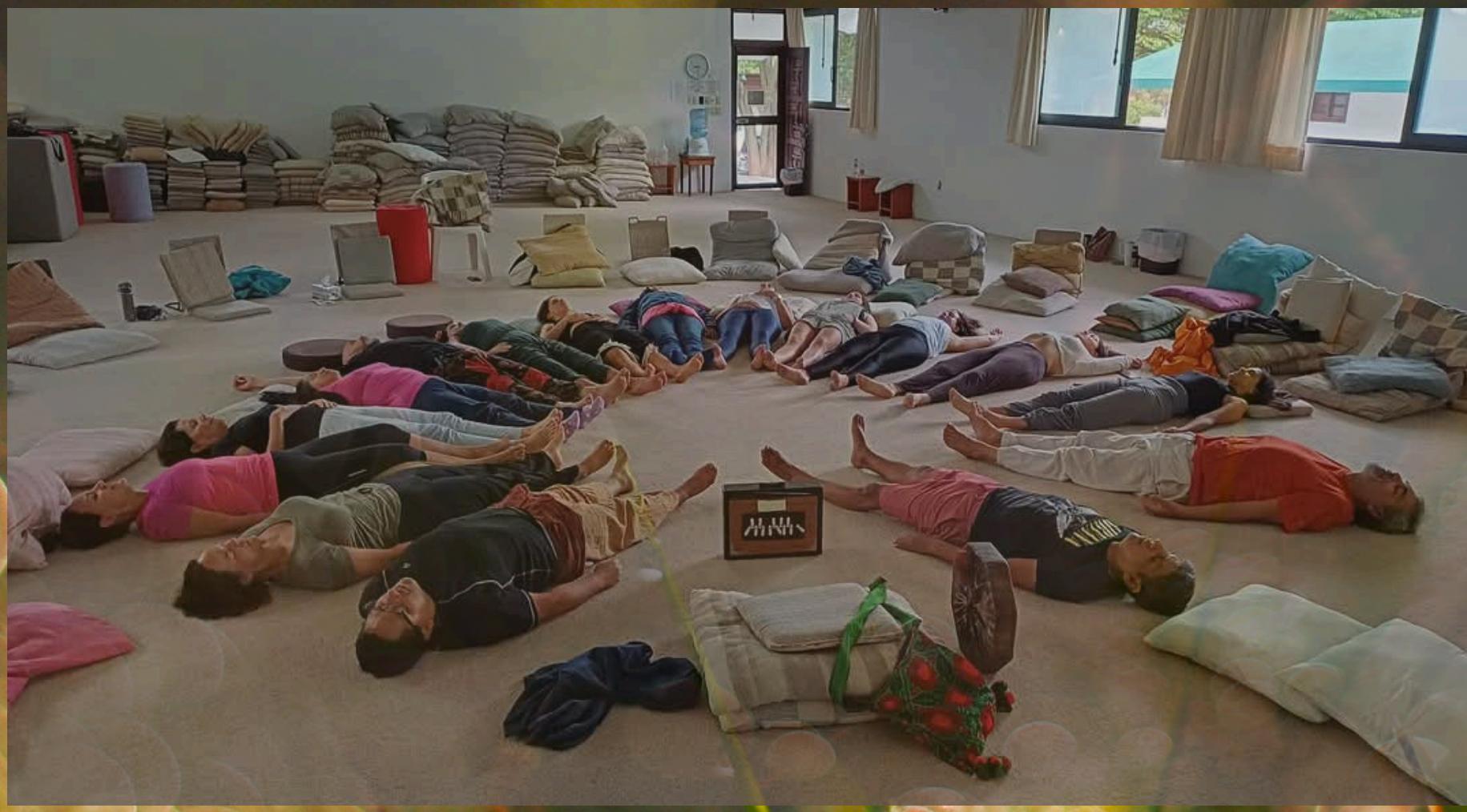
# The Voice like a Seed

## Round of offerings

Vocal expression and medicine singing workshop

A journey through body techniques  
and sound meditations,  
to recognize your deep, necessary, and true voice.

An experience of reconnecting with your wild strength and  
with your wise intuition, to remember your essence,  
tenderness, and healing power.



"To sing means to use one's soul voice. It means to say on the breath the truth of one's power and one's need, to breathe soul over the thing that is of one's power and one's need, to breathe soul over the thing that is ailing or in need of restoration. This is done by descending into the deepest mood of great love and feeling, till one's desire for relationship with the wildish Self overflows, then to speak one's soul from that frame of mind. That is singing over the bones."

Clarissa Pinkola Estes

In this one-afternoon workshop, we will recognize and awaken through the use of our voice, movement, and body awareness the energies of the elements that give us life. An opportunity to reload our vital energy. We will make offerings to deposit our yearnings and intentions, connecting with nature, our deep truth, and our dreams. A day of tribe, community, and learning.



April 30  
IHRINGEN  
Reception- 16:30 hrs.  
Workshop -17:00 to 20:30 hrs.



Bring drinking water and comfortable clothing.

Teaching and practice 50€

INFORMATION & REGISTRATION  
(+49)1520 206 94 81 Marjorie Kai  
(+52)1777 107 4397 Odiseo Reyes



## Guide: Azucena Mendez



I have been a seeker of transformation and self-knowledge through several artistic, therapeutic, and shamanic disciplines for over 25 years.

Since then, I have journeyed with various teachers and medicines, but I was most intimately initiated into the practice of ceremonies by the Wirrarica elder-Marakame, Guadalupe de la Cruz, with whom I have studied for over 15 years. Since 2017, I have traveled to Spain, France, Germany, and Greece, leading workshops on voice healing, individual therapy sessions, temazcal ceremonies, women's circles, and other kind of ceremonies.

**I am a certified body psychotherapist from the Institute of Core Energetics in New York, a music therapist, and a traditional healer.**

## Support: Odiseo Reyes

Singer, actor, musical creator.

A seeker of his own truth through transpersonal and theatrical therapy.

Diploma in Rebirthing Therapy from "Espacios Nacientes" (Emerging Spaces). Vocal technique teacher and choral director. He has presented his artistic work in several venues in Mexico and around the world.

MÉXICO

