



The Sanctuary


THE PATH OF THE WARRIOR

# YEAR 1 SHAMANISM | FOUNDATIONS



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12 MONTHS, 12 STUDENTS



The term spiritual “warrior” is used in Shambhala Buddhism to describe a heroic being with a brave mind/heart and ethical impulse, who combats the universal enemy: self-ignorance, the ultimate source of suffering according to Buddhist philosophy and very aligned with Shamanic view of the world.

The choice of this word is a reminder that we are going to be called into taking many battles in our lives. But one of the hardest is definitely the one towards our own awakening, the dissolution of self, to allow our shamanic gifts to be received.

What does it mean to walk the red road? To be a shamanic practitioner? To awaken? To see clearly the path whispered to us by our guides? To free ourselves from a destructive western mind? How do we tune in with Spirit to walk our lives? How do we connect to the wisdom of Nature to free ourselves from trauma? How do we answer our birth call for greatness? How do we serve ourselves and others from a place of pure Gratitude, Clarity, Unity and Love? How do we awaken the Medicine Man/Women inside of us?

I designed the “Path of the Warrior” based on my work, my own journey, but also the immense wealth of wisdom I received from Nature and my teachers.

This is not a “one teaching fits all” but a curriculum to help you gain more clarity, understanding and closeness with your own gifts, your own wisdom, your own medicine.

The course is based on the culmination of wisdom from many ancient Shamanic traditions (Native Americans, Peruvians, Brazilians, Celtic, and also Sufism, Hinduism, Buddhism, Christianity mysticism, and the Kabbalah.

During our time together with the help of Spirit I trust that this program will bring you all the tools and means to pursue your own Path and your path of service.

Let’s remember that we are all beginners and all masters. That we have walked this path many times before. And that despite its “structured” content, this year long journey is a catalyst for a deep inner healing & mystical process.

A real alchemical transformation that you will go through as you explore with honesty, authenticity, joy and hard work, your inner mystery. I pray that the Great Spirit comes to us in many ways & forms during this time together.

With blessings and infinite gratitude,

Angell Deer



The Sanctuary



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# 12 MONTH CURRICULUM

## 12 MODULES



**THE PATH ISN'T A  
STRAIGHT LINE - ITS A  
SPIRAL.**

**YOU CONTINUALLY COME  
BACK TO THINGS YOU  
THOUGHT YOU  
UNDERSTOOD  
AND SEE  
DEEPER TRUTHS.**

The Shamanic path is full of surprises, stop and go, challenges, pain & joy, and requires a deep commitment to learning, to heart and mind openness and to surrender.

We are not walking this alone but with our spirit guides, our allies, our ancestors and all the spirits who surround us in our lives.

I am not the teacher; I am the intermediary who, with the help of Spirit, will channel this content to you.

The order of classes, content of each class, is/will be subject to variations.

Each Module is 2-3 hours of live video training, 1 hour of breath work, and weekly mentorship.

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# ABOUT OUR PROGRAM



## **THE PATH OF THE WARRIOR YEAR 1**

The Path of the Warrior has been created to accommodate modern lifestyles and students across the globe.

This class will meet monthly online for course content, and monthly online for breath work sessions while bridging course content, with various wisdom and teachings.

It is structured in a way that you are responsible for your journey and your growth and we will provide you with the tools and mentorship required to go as far as you are ready to explore.

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# CURRICULUM OVERVIEW

Each monthly module is 2-3 hours of live video teachings, 1 hour breath work. Weekly mentorship, complemented with personal practices tasked in alignment with the teachings, reading resources, ceremonies and a full year of coaching, integration support and distance treatments.

Prayer & Divine Connection  
The Call to Directions  
Heart Connection

Sacred Space  
Creating & Activating Altars  
Boundaries

Shamanic Journeying  
Shamanism Foundations

Power Animals

Energy Fields & Energy  
Clearing  
Chakra System & Chakra  
Clearing  
Shamanic Breath

Plant Medicine & Herbalism  
Introduction  
Foraging & Herb Preparation  
Plant Dieta

Personal Practice  
Ceremony ( distance and in  
person)

Soul retrieval  
Shamanic Extractions  
Cord Cutting

Connection to Life Purpose  
and Path  
The Hero's Journey  
Inner Child Work

Daily Practice & Gratitude  
Prayer  
Meditation & Healing  
Techniques  
Raising your Frequency

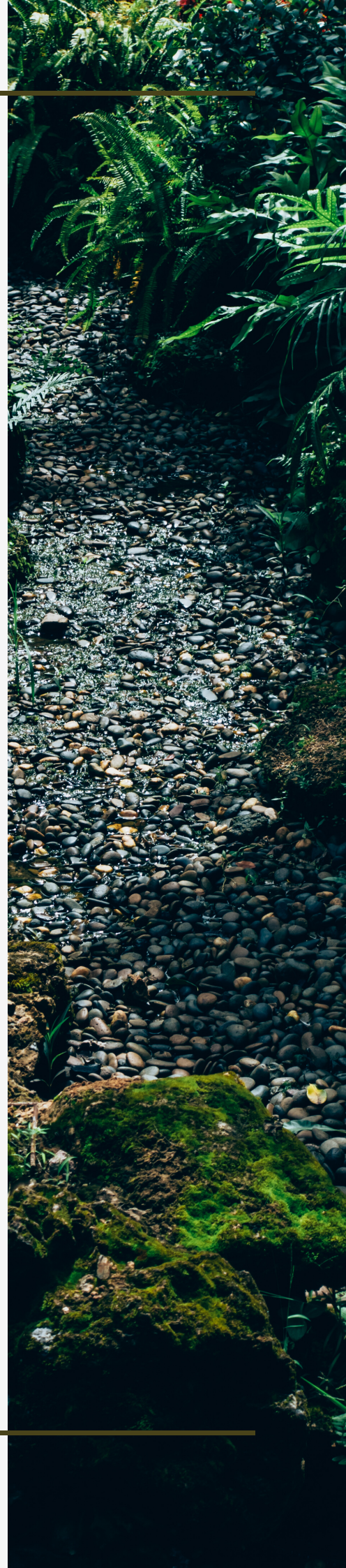
Shamanic Tools  
Drum & Rattles, Chanting,  
Dancing  
Playing Music & Medicine  
Songs

The Great Master Teachers  
Indigenous Wisdom



The Sanctuary

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# MONTH 1 | PRAYER & DIVINE CONNECTION

JANUARY 2020



**PRAYER & DIVINE CONNECTION**  
**INTRODUCTION TO SACRED**  
**SPACE: OPENING AND CLOSING**  
**SPACE**  
**INTRODUCTION TO CREATING &**  
**ACTIVATING ALTARS**  
**THE CALL TO THE DIRECTIONS**

This first month will introduce you to your intentions. The concept of prayer, the divine and sacred space.

You will begin to connect with the concept of creating and activating your altar, establishing a personal practice and connecting with the directions.

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# MONTH 2 | SHAMANIC FOUNDATIONS 1

FEBRUARY 2020



**SHAMANIC JOURNEYING  
POWER ANIMALS  
SHAMANIC FOUNDATIONS  
LISTENING TO THE RHYTHM OF  
THE DRUM  
LOWER WORLD JOURNEY**

Month 2 will introduce you to the foundations on shamanism.

You will be introduced to the practice of shamanic journeying, connecting with your power animal while listening to drumming tracks. You will connect with understanding the 4 directions and the importance of all three worlds.

Your homework will be to develop a journey practice to begin establishing the landscape that is uniquely yours.

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# MONTH 3 | BREATHWORK

MARCH 2020



## SHAMANIC BREATHWORK BREATHING TECHNIQUE SHAMANIC JOURNEY

Month 3 will introduce conscious connected breath to the student. From Month 3 onward, there will be an additional monthly online breath session.

Connecting to the breath and breath work will deepen the experience and ability to access a shamanic journey. Breath awareness will connect the student to their bodies, archived stories and memories and visualization.

Month 3 will establish the importance of a breath practice as part of a personal practice.

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# MONTH 4 | SHAMANIC FOUNDATIONS 2

APRIL 2020



SHAMANIC JOURNEYING  
POWER ANIMALS  
SHAMANIC FOUNDATIONS  
SACRED SPACE  
ALTARS  
BOUNDARIES  
UPPER WORLD

Month 4 will be a continuation of your journeying and prayer practice.

You will learn about discernment and boundaries when working in the spirit world.

You will strengthen your connection with the directions and the spirit of the elements of the upper world.

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# MONTH 5 | ENERGY SYSTEMS

MAY 2020



**ENERGY FIELD  
ENERGY CLEARING  
CHAKRA SYSTEM  
CHAKRA CLEARING**

In Month 5, students will begin to put into practice shamanic energy work, tools and techniques to clear the energy body and field, and understanding the healthy qualities to feel into and read.

Students will have the tools to begin exploring extractions, cord cutting and soul retrieval. Students will have an understanding of shadow aspects within themselves and others, ancestral work and learning to connect with their own "medicine".

Students will always have access to mentorship and support especially at this point in the curriculum.

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# MONTH 6 | NATURE'S WISDOM

JUNE 2020



PLANT MEDICINE  
INTRODUCTION TO HERBALISM  
FORAGING & HERB  
PREPARATION  
PLANT DIETA/FASTING  
PLANT SPIRIT

In Month 6, Students will step into the plant kingdom and begin understand the connection to the plant world.

Students will work with a plant of choice to connect in some form of dieta, and medicinal purposes.

Students will be encouraged to explore the plant world as deeply as possible,

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# MONTH 7 | THE HERO'S JOURNEY

JULY 2020



**CONNECTION TO LIFE  
PURPOSE & PATH  
THE HERO'S JOURNEY  
BEING & DOING  
INNER CHILD WORK**

Month 7 will have students connecting with life purpose.

Students will begin to explore Joseph Campbell's the Hero's Journey and their own personal path.

We will begin inner child healing work over the next three modules.

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# MONTH 8 | CEREMONY

AUGUST 2020



MEAD CEREMONY  
PERSONAL PRACTICE  
CEREMONY AND GATHERING  
RITUAL  
MANTRAS  
DISTANCE CEREMONY  
HOLDING SPACE FOR SELF &  
OTHERS

Month 8 will actively take part in personal ceremonies.

At this point students will be deepening their personal practice with prayer, Mead and invocation.

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# MONTH 9 | SHAMANIC TOOLS 1

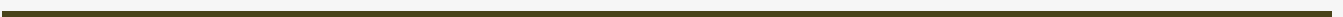
SEPTEMBER 2020



**SHAMANIC TOOLS**  
**DRUMS**  
**RATTLES**  
**CHANTING**  
**MEDICINE SONGS**  
**DANCING & MOVEMENT**

In Month 9, students will be connecting with shamanic tools that tap into self expression and spirit.

Students will learn to unlearn any barriers around creating sound and music, and learn to connect with spirit through sacred tools, instruments and movement.





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# MONTH 10 | SHAMANIC TOOLS 2

OCTOBER 2020



**PRAYER STICKS**  
**SHAMANIC NAMES**  
**MEDICINE WHEEL**  
**FEATHERS**

Month 10 will be a continuation as students go deeper into this exploration.

Students will begin to create their tools, use a prayer stick and further understand the medicine wheel to access their ability for personal growth and supporting others.

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# MONTH 11 | STEPPING INTO SHAMINISM

NOVEMBER 2020



**SOUL RETRIEVAL  
CORD CUTTING  
SHAMANIC EXTRACTIONS  
ENTITY PROTECTION  
INTRODUCTION TO DEEP  
SHAMANIC WORK**

Month 11 will be a powerful culmination of all the teachings coming together to date.

Students will begin to practice their learning in a deeper way. This month will be focused on shamanic work that supports the health and well being of others, and energetically how they can further support themselves.





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# MONTH 12 | WARRIOR RETREAT

DECEMBER 2020



## 4 DAY RETREAT

PLANT MEDICINE CEREMONY  
REVIEW AND PRACTICE  
AMONGST STUDENTS

2 DAYS OF SUPPORTING THE  
PUBLIC WITH SHAMANIC  
PRACTICES

The year will finish with a 4 day Warrior Retreat.

Students will be required to attend to come together in ceremony, to share and practice together and to close the final two days sharing their knowledge and modalities with the public who attend the open event.

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# YEAR OUTCOME

THIS 12 MONTH PROGRAM IS DESIGNED TO STRENGTHEN YOUR SKILLS IN SHAMANIC PRACTICES SO THAT YOU MAY STEP INTO YOUR TRUTH, AND OFFERING IN HOPES THAT YOU DEEPEN YOUR CONNECTION TO YOUR CALLING.

TIME TO OPEN YOUR WINGS AND TO OFFER THE GIFTS YOU HAVE RECEIVED...



## OFFERINGS INCLUDED OVER 12 MONTHS

- **Private one on one Mentorship & Coaching**
  - **two private distance treatments**
  - **Online Community Forum**
  - **Workbook, PDF & other resources**
  - **Reading list**
  - **Monthly Online Class**
  - **Mead Healing Ritual (One full month)**
  - **Monthly online Breathwork session**
  - **End of Year 4 day Retreat at the Sanctuary (Shamanic Camp)**
  - **Preferred Pricing:**
    - 20% off on any ceremony hosted at the Sanctuary
    - 20% off any ceremony you would wish to have organized for you
    - 15% off Shamanic Reiki Certification (all levels)
    - 15% off additional classes & workshops hosted at the Sanctuary
  - **Certificate of Completion**
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# OUR COMMITMENT TO YOU



Above providing you quality content, our commitment to you is to ensure that you develop effective practices and skills enabling you to be of service that feel safe and authentic. We will provide you spiritual support as you integrate through the shifts that happens as students transition through their own personal growth.

Each student will develop a personal practice, learn how to hold space and become a clear vessel for healing work, while connecting with your personal truth.

You will be held accountable for homework assignments, study partner commitments as well as authentic communication with the class and the teachers.

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# REQUIREMENTS FOR SUCCESS

## ASSESSMENTS AND YOUR COMPLETION

This program is an immersive experience that is reliant on your personal dedication and self management.

To receive your Path of the Warrior Certification you will need to:

1. Complete all modules of the course
2. Commit to all Homework assignments
3. Participate in monthly classes and breath work sessions
4. Collaborate with student partner study sessions
5. Read the recommended reading list and participate in group discussions
6. Participate in line class discussions and shares
7. Submit journal reflections on your growth and experience.
8. Submit written graduation project
9. Submit written essay on one reading resource
10. Attend the final retreat to participate in Ceremony and work with the public

### **Please Note:**

Path of the Warrior reserves the right to refuse certification based on a participant who has been assessed as not committed to the course.

When working with Spirit, course curriculum and Modules are a guide, and structure and material may shift according to group energy and higher guidance. Running orders may shift and be fluid.

### **Further assistance:**

It is important to note that with great transition and learning, deep experiences can present themselves - Angell and Rebecca will be available for mentoring via Zoom and Whats App to support you on this journey.

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# ASSESSMENTS

**THE PATH OF THE WARRIOR PROGRAM WILL BE ASSESSED THROUGH YOUR COMMITMENT THROUGHOUT THE 12 MONTHS VIA 5 PILLARS. SUBMISSIONS WILL BE REQUIRED AT THE END OF MODULE 11. YOU WILL NEED ALL 5 TO RECEIVE YOUR CERTIFICATION.**

## **1. Participation**

- monthly online classes
- monthly online breath work
- regular commitment and collaboration with your study partner
- online conversations with your fellow classmates

## **2. Reading**

- You will be required to submit an essay/ written report on the recommended reading of your choice.
- You can choose to discuss the teachings/wisdom/ concept or other elements that resonate with you and how it applies to your own journey and personal growth.
- Your essay will be submitted and reviewed

## **3. Journal Submission**

- Journal submissions will be online reflections of your journey, displaying evidence of your personal assignments, self-reflection, themes that have presented for you and taking an active role in your participation of your personal growth and journey.

## **4. Graduation Project.**

- Your graduation project can be exactly what you need it to be. It may be committing and being of service to your community, creating a ceremony, launching yourself as a practitioner, designing a workshop.
- We encourage you to tap into your heart and your self expression. Your submission can be in the form of a written document, marketing material, video.. however your spirit is calling.

## **5. Final Retreat.**

- We ask for all students to make time and space to attend the retreat in person. It is an opportunity for the circle of virtual sacred space to be closed, for your community to be strengthened, while also have the opportunity to support the public on their journey.
- If you cannot make the retreat, we can discuss options that may work better for you and your time frame.

**Optional:** *We highly recommend that you at least 1-2 medicine ceremonies or other sacred work at the sanctuary(sweat lodge, vision quest etc). We also invite you to join one of the yearly pilgrimages to Peru. These are all optional, however they help you deeply integrate your work and open your medicine gift and call to service.*

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# APPLICATION

**There are 12 spots available.**

**If** you are feeling a calling, then please fill out this application form.

[bit.ly/PathOfTheWarriorApplication](https://bit.ly/PathOfTheWarriorApplication)

Every applicant will have a conversation with Angell or Rebecca to ensure there is an alignment with each students, and that your answers are met prior to this transformational commitment.

## TERMS & CONDITIONS

**Cancellation:** Once you have committed to the Path of the Warrior year 1 course, you are committing to paying the full fee based on your payment program. If you decide to abandon this program part way through, you will be responsible for paying the course in full.

**We implement this policy because we cannot replace your participation once the course has begun, and your departure can affect the entire study group dynamic.**





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# STEP INTO SERVICE

**This 12 month program is designed to strengthen your skills in Shamanic Practices so that you may deepen your connection with your truth. Time to open your wings and to offer your gifts you have received.**

## YOUR COMMITMENT

**The Path of the Warrior: Practitioner Program** is one year of teaching, live classes, and individual on-going coaching and shamanic training.

You will also participate in monthly breath work session, have access to additional videos of training, 1 full days at the Sanctuary, shamanic items and a private online group connection with the other students all year long.

You will also participate in the Shamanic Camp, a 4 days retreat at The Sanctuary (offered to you at cost).

Included in the program is a lifetime access to all the live video of the classes.

The exchange for the program is \$3,850 USD

Bi-annually and Monthly payment plan available.

*Inquire for specific costs at  
Info@TheSanctuaryHeal.com*



# The Sanctuary

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# ANGELL DEER

Angell Deer is a shamanic practitioner, medicine man, breathwork practitioner, Shamanic, Reiki Master and sound healer. He is the founder of The Sanctuary Shamanic Healing center in the Catskills and a member of ONAC, Native American Church.

Angell holds deep space for those he serves, and guides sacred retreats on his land and abroad.

[www.thesanctuaryheal.com](http://www.thesanctuaryheal.com)



# REBECCA LLEWELLYN

Rebecca is a certified Breathwork practitioner with Alchemy of Breath, a Reiki Master, energy medicine practitioner and certified in general Shamanic medicine through the Path of the Warrior and Womb Rite Keeper.

Rebecca is also a Sister of the Land of the Dancing Deer and passionately advocating to create a healing village and sanctuary for the residents of Six Nations in Southern Ontario and the surrounding community.





# HANNAH NEDAS

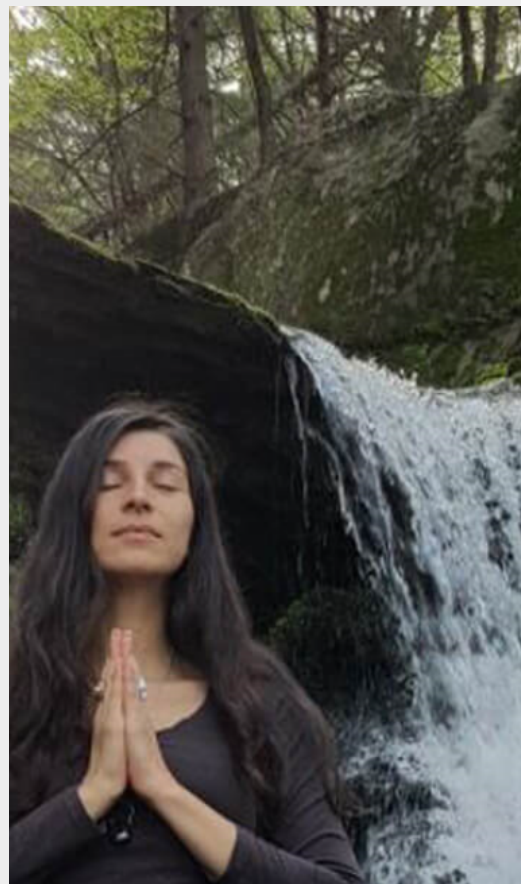
Hannah Nedas is a conscious breathwork practitioner and vocal sound healer. She supports individuals through working with the power of their breath and voice as a vehicle for empowerment and transformation. Hannah recognizes the breath not only as the foundation on which our lives are built but as a profound medicine and powerful ally of mind, body and Spirit.

As well as working with the breath, Hannah uses sound and song to open people's hearts in workshops and healing spaces. She sees each individual's voice as something to be treasured, each holding its own unique vibratory signature and as an instrument of healing.

Hannah hosts Breathwork and Sound healing workshops in the UK and abroad. Hannah is devoted to helping individuals explore their own innate capacity for healing and empowerment.

Hannah and Angell Deer have worked together on healing retreats and workshops for a number of years. She has previously participated in the Path of the Warrior training and has continued to support teaching on the course since.

Hannah holds a loving and tender space, assisting individual's to access their own inner resources for healing and transformation.



## The Sanctuary

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# TESTIMONIALS

## WHAT WARRIORS ARE SAYING...

"It gives me great pleasure to recommend Angell Deer and The Path of the Warrior curriculum. I had a calling to expand my shamanic knowledge and practice when I came across information on the Sanctuary and Angell. Angell and I spoke about the curriculum content and his intentions with the program, as well as his vast knowledge and experiences. It is hard to believe that this was over a year ago and the program is almost complete. The experience has been amazing resulting in so much personal growth, healing and allowed me to expand my personal healing practice. The highlight for me has been the bonds made with our circle of brothers and sisters. Each of us has grown our specific gifts, wisdom and medicine throughout this amazing experience. Regardless of where you are on your personal path, I highly recommend that you speak to Gil about his Path of the Warrior curriculum. It has been an amazing experience and I so grateful for the beautiful experience."

- **Kyle M, NYC**

"The Path of the Warrior has been an incredible journey, overflowing with soul searching, life changing adventures. By putting in the time of the heart, finding the wounds and sores that we didn't realize were still open, healing them has been the greatest gift beyond comprehension. This program is an amazing beginning to those who are curious, who want to grow, and are willing to be broken down to be built back up. Strength, courage, and friendship are only but small words compared to the love and family I have gained from this years work."

- **Erik L. Brooklyn, NY**

"An incredible journey of self discovery and enrichment. The Path of the Warrior course has blessed me with shamanic knowledge, tools, and an amazing support group of newly found brothers and sisters who share my journey. I highly recommend this opportunity for personal growth and connection to a greater level of consciousness."

- **Jodi. M., Dallas, TX**

