



Liz Forrest

Master Shamanic Teacher



A Day Workshop with Liz Forrest

1-day, In-person Workshop of Toltec Shamanic Exploration on Saltspring Island, BC - July 9th, 2023

This day will be an enlightening and transformative experience. In this workshop, we will delve into the teachings of the Toltec wisdom, as brought forth by don Miguel Ruiz Sr., the renowned author of "The Four Agreements" and Bernadette Vigil, author of "The Mastery of Awareness", a well-known teacher with the Saltspring Island community. Whether you are already familiar with Toltec teachings or are new to this ancient wisdom, this event welcomes you with open arms.

An opportunity to come together in community to connect, learn, share and practice tools, based in Toltec wisdom, for alignment in your energy and your life.

You will receive:

- energy practices that teach how to reclaim, hold and direct your precious energy.
- dreaming practices to uncover the messages of your dream state.
- tools to break free from limiting belief systems holding you back from your empowerment.
- connection with others walking a path of consciousness and personal growth.
- a potluck dinner to come together and celebrate community and delicious food in-person once again!

Ignite your inner power with Liz Forrest, a transformative Master Shamanic Teacher who has passionately shared the ancient Toltec wisdom for over 25 years. Liz's unwavering dedication empowers her students to unleash their true potential and embrace a vibrant, fulfilling life.

\$177 Sunday July 9th 2023 from noon to 6 pm Lion's Hall 103 Bonnet Ave, Saltspring Island, BC



Please note that spaces for this workshop will fill quickly. We encourage you to reserve your spot early to secure your participation in this transformative day of Toltec Shamanic Exploration.

REGISTER: lizforrest.ca/a-day-with-liz

Liz co-founded The Kiva of Salt Spring Island, with Gloria Valencia, an inspiring Toltec Centre that offered transformative classes, workshops, and ceremonies from 2005-2015.

Currently, Liz lives in New Mexico, USA, offering in-person and online classes. Liz travels to the home of the Toltecs, the pyramids of Teotihuacan, Mexico twice yearly to guide groups through the ceremonies and practices of the Toltec and to learn from her mentor of 25 years, don Valentin Cervantes, who shares his culture and love of his heritage with all seekers that journey with Liz to heal and transform their lives.

