

SacredFire

Concerts, Workshops & Retreats

*Healing Sounds & Rhythm * Intuition * Transformation * Creativity*

*“Absolutely one of the most outstanding things I have ever experienced.
Just something you’ll never forget.”*

- Johnnie Walker, BBC Radio 2 Broadcaster



Canadian Healing Artists, World Beat Musicians and Facilitators Marie Josée Vermette & Dean Richards (SacredFire) travel worldwide, offering *rebalancing sound & music medicine* for the body, heart, mind & soul. Their unique approach combines ecstatic voices and drums, guided meditation and sound healing techniques, to help attain a deep sense of peace and wellbeing.

Mj & Dean are highly recognized for their transformative performances and workshops at The Chopra Center's *Seduction of Spirit* retreats in the USA and Canada (**featuring Dr. Deepak Chopra**), the Chopra Addiction & Wellness Center (BC, Canada) as well as their work in the UK and Europe.

SACREDFIRE'S PURPOSE

SacredFire offers transformative, heart opening, empowering experiences to help participants:

- 🌀 calm the mind, release stress and feel deeply relaxed;
- 🌀 transcend limiting beliefs and increase confidence;
- 🌀 tap into their intuition;
- 🌀 acquire the ability to use and develop self-healing tools;
- 🌀 practice creative, transformative, self-expression;
- 🌀 stimulate healthy relationships with themselves and their environment;
- 🌀 increase conscious awareness;
- 🌀 build community.

“Mj and Dean are gifted musicians who create a powerful, healing & transformational experience for us to connect to our deepest source.”

*- davidji - Hay House Publishing Author and Radio host,
Meditation Instructor & International Speaker*

SACREDFIRE CONCERTS



SacredFire Music concerts are medicine for the soul. With grounding, soothing harmonies and tribal, trance rhythms, Mj & Dean take the participants on a magical journey to connect with life's abundant blessings.

Their music is meaningful and profound, and helps create a sense of wholeness and well-being. They use musical expression as an empowering tool, to build pathways between humans and their True Nature.

Each concert is initiated with a guided relaxation, tailored to the needs of the audience. With conscious, loving intent, the blueprint of the energy present is sensed and intuitively interpreted, and rebalancing vibrations are subtly expressed through meditative trance drumming, toning, chanting and singing. This altered vibrational rate creates profoundly positive effects on body, heart, mind & spirit.

The voice is used as the primary transformative tool, as well as a variety of drums, percussions, Tibetan singing bowls, Shanti chimes, rain sticks, rattles and other instruments to help restore, release tension and stimulate the immune system.

SacredFire's mystical, transformative music unites humans with their ancestral inner wisdom. They can sometimes be interactive and offer a healing, nurturing, empowering space to allow the expression of oneness, creativity and joy.

Concert Costs* (different cost options are available depending on event)

- ☯ Vary according to equipment rental costs, venue and number of attendees

*May not include transportation & accommodation as well as sound system equipment rental

“You were an A-M-A-Z-I-N-G team and created an awesome experience for our guests!!! Thank YOU!!!!!!”

- Gordon McGregor, Event Manager – The Chopra Center, CA

SACREDFIRE WORKSHOPS

SacredFire workshops offer tools to integrate the wisdom of intuitive sound healing, rhythm, song & movement with the emotional intelligence of the heart and the power of the mind.

The teachings are based on bodymind and music therapy techniques, energy medicine, meditation, sound massage, Taoism, Qigong, Ayurvedic precepts and sound healing shamanic practices from ancient worldwide traditions. Using creativity, imagination and inner wisdom, participants are invited to explore:

🌀 Intuitive Sound Healing

Heal with Sounds - Learn - Experience - Transform

Sound meditation, chanting, toning, soul singing, as well as sound healing tools such as singing bowls, rattles, rain sticks, drums, rocks, etc. Focused on conscious intention and mindful expression, participants are invited to explore shamanic sound healing techniques according to ancient worldwide traditions and trust their inner knowledge in expressing meaningful and sacred sound as medicine for the soul.

🌀 Creative Drumming

Drum - Energize - Empower - Connect with your inner Fire

The perfect Team Building Workshop. Participants learn basic drumming and percussion skills & use musical STORYTELLING to create a collective rhythmic piece. They learn easy improvisation techniques to create stories of healing and transformation, while developing leadership and communication skills.

🌀 Voice as a transformational tool

Dare - Sing - Heal - Be Authentic - Be Divine

Intuitive Sounding & Singing to support participants on their path to consciousness, prompting them to be in touch with their authentic self, while they develop their ability to improvise music through sounds, chants, songs and vocal rhythm, from an non-judgemental, open heart space.

🌀 Sound & Movement Meditation

Stretch - Strengthen - Develop Body Awareness – Connect body, mind & spirit

Self-healing and awareness through deep breathing, profoundly, relaxing & invigorating, conscious movements and sounds that connect body, mind and soul. Participants are invited to dance with the representation of the natural elements with live music from SacredFire.

SacredFire workshops are tailored to the specific needs of each group, organization and venue. They can be offered separately or blend components of different workshops to create unique workshops. Workshops usually include a SacredFire Music concert (see next page for details).

Workshop Duration and Costs* - *Transportation, equipment & accommodation might be needed

- 🌀 ½ day (price to be discussed)
- 🌀 1 day: (price to be discussed)
- 🌀 Retreats: 2-7 days (price to be discussed)

SACREDFIRE RETREATS



SacredFire Retreats vary from 2 to 7 days and integrate the wisdom of **intuitive sound healing, rhythm and movement meditation** with the **emotional intelligence of the heart and the power of the mind**. The teachings are based on bodymind and music therapy techniques, energy medicine, meditation, sound massage, Taoism, Qigong, Ayurvedic precepts and sound healing shamanic practices from ancient worldwide traditions.

The themes vary, according to the groups, the venue, the season and the percussion instruments and equipment available. Here are a few examples of different themes:

- ☯ **The Power of You!** – release stress; attain deep states of relaxation; energize; connect with intuition and creativity; embody your Higher Purpose
- ☯ **The SongLife Recording Retreat** – release stress; explore creativity; connect with your True Self; learn musical improvisation techniques; leave with a digital recording of a collective creation
- ☯ **Go With the Flow** – release stress; experience tools to cope with anxiety and depression; develop present moment awareness; improve flexibility in all aspects of life
- ☯ **Healing Bliss**– release stress; learn self-healing techniques; experiment intuitive healing techniques to help family, community and clients
- ☯ **From Grief to Gratitude** – release grief; use heart intelligence to address resentment and other emotions often qualified as “negative” with the attitude of a Peaceful Warrior



“THE POWER OF YOU!”

Healing Sound, Rhythm & Movement Creativity Retreat

(Example of a two-day retreat with SacredFire)

This empowering two-day retreat integrates the wisdom of **intuitive sound healing, rhythm and movement meditation** with the **emotional intelligence of the heart and the power of the mind** to energize; connect with intuition and embody the True Self. The teachings are based on bodymind and music therapy techniques, energy medicine, meditation, sound massage, Taoism, Qigong, Ayurvedic precepts and sound healing shamanic practices from ancient worldwide traditions.

We suggest to add a SacredFire Music Rebalancing Concert or Ceremony as a separate event at the end of the second day (in the evening). Retreat participants may attend for free and tickets may be sold to the public.

OBJECTIVES

Create a safe and nurturing space to allow participants to:

- 🌀 relax and **release stress** to help increase clarity, health, wellness and vitality;
- 🌀 develop their **creativity**, in alignment with their true nature;
- 🌀 develop **self-expression** skills using the voice, rhythm and movement;
- 🌀 connect with their **highest purpose and uniqueness**, as active, productive members of their community;
- 🌀 bond, share, network and **celebrate** within a group of like-minded individuals;
- 🌀 **connect with the natural elements**, creating a sense of **oneness** and raising awareness;
- 🌀 identify and manifest changes to bring about abundance, healing, growth and **joy**.

FACILITATORS



Marie Josée Vermette (“MJ”) is a Certified *Bodymind, Taoist Acupressure & Energy Therapy Practitioner*, with specialized training in *Sound Massage*. The extensive experience MJ brings to her sessions as a skilled facilitator, vocalist and hand drummer allows her therapeutic expertise to blend with her intuitive abilities and artistic personality to support healing.

Drawing from a background of community & support work with people dealing with trauma, addiction, abuse, emotional, mental and physical challenges, MJ has developed chanting, drumming, musical journeys and self-expression workshops since 2004 as a unique tool to deliver vocal & rhythmic vibrational healing methods with a well-honed intuitive flair.



Dean Richards ~ In conjunction with his successful multimedia business, Dean has been writing, recording, producing and performing internationally for over 20 years. He produced his first guided meditation CD with music in 2001 (*Kwan Yin*). Dean’s dharma is to connect with people at a deep level using music as the conduit. His percussive zest, strong presence & natural charisma allow for fluid and intense rebalancing journeys and performances. His music contributes to a personal experience of calmness & clarity, inducing profound inner stillness and release.

TWO DAY RETREAT SCHEDULE (Example)

Day One

8:30 – 9 AM

Arrivals and registrations

9 – 5 PM

- ☯ **Welcome**, introductions and overview of the retreat
- ☯ **Musical Journey** by SacredFire: Intuitive Sound Healing, Chanting, Drumming and Guided visualization on the theme: **“Why Am I?”**
- ☯ **Interactive Workshop: “The Healing Power of Sound”** (part 1): Introduction to Intuitive Sound Healing; Chakra balancing with Sound & Movement; Sound as a tool to reduce stress; Sound to increase focus; Sound as a meditation tool
- ☯ **Dance Meditation** with live music from SacredFire on the theme **“Dancing with the Elements”**: Releasing physical tension, Developing body awareness, Connecting with the universal elements of Earth, Water, Fire, Air and Space.
- ☯ **Interactive Workshop: “Creative Bliss”** (part 1): Playful tools to express the creative impulse **using the voice and rhythm**. Vocal warm-up; Musical improvisations on the theme “Why Am I?”
- ☯ **Meditation: “The Power of Silence”**: Short meditation with the intention of integrating the day’s experiences

Day Two

9 – 5 PM

- ☯ **Intuitive Stretching**: Connecting with breath awareness; Releasing tension, Developing focus and attention, Increasing flexibility and strength - with live, gentle drumming from SacredFire
- ☯ **Interactive Workshop: “The Healing Power of Sound”** (part 2): **Sound massage tips** to help restore health and vitality on the physical, emotional, mental and spiritual levels; **Connecting with intuition**
- ☯ **Interactive Workshop: “Creative Bliss”** (part 2): **Song & Rhythm Healing Pyramid** on the theme **“Increasing Your Energy”**
- ☯ **Integrative Ceremony : “Celebration of Self”**; Celebrating the gifts of the experiences of the week-end and manifesting ways to integrate them in daily life to better serve our Higher Purpose through song, rhythm and dance. Closing group mantra on the theme of **“Gratitude”**