



WEDNESDAY, NOVEMBER 6 – SUNDAY, NOVEMBER 10

# Quodoushka I

Spiritual Sexuality from the Shamanic Tradition - For Singles and Couples

## Spiritual Sexuality from the Shamanic Tradition Singles & Couples

"I am a certified sex therapist and a certified Sky Dancing Tantra teacher. I am also a licensed clinical social worker and I have a private psychotherapy practice. I highly recommend this program for everyone who wants to grow sexually and spiritually, psychologically and emotionally and in and through relationships. It is an amazingly deep, meaningful, playful and spiritual program for sexual and psychological growth. It has transformed my life. I believe it is a profound way of transforming the world."

**Diana Owens, LCSW, Certified Sky Dancing Tantra Teacher**

"Q1 has transformed me. I now recognize and can openly acknowledge how my sexuality is not only central to my life and existence, it is fundamental to my participation in the human experience. This course stretched me into confronting my denial of these facts and has allowed me to free up my heart to openly express myself in love, joy and peace. This freedom goes way beyond my sexuality, it is core to who I am and me being okay with who I am and expressing it freely without fear of rejection, judgment or failure. I thought the course and topics were about sex, but the course really was about me loving, accepting and being okay with me as I am."

**Eduardo, Business Executive**

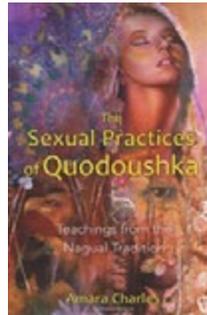
"Huge appreciation for these simple and rich teachings, which have taken my self, my life and my 30-year relationship to new levels of pleasure and knowledge. On a global level, these teachings offer profound possibilities for healing feminine-masculine relating and balance, which is, I believe, the most pressing issue for our time and our planet."

**Sarah, Physician**

## November 6 – 10, 2019

**Kauai, Hawaii · Wednesday evening – Sunday evening**

The sacred sexuality practices of Quodoushka will shift your entire paradigm around sex and sexuality. You will learn how to move beyond tension release disconnected sex into having more heart-felt, deeply loving orgasmic experiences.



You will discover how your sexual energy is your aliveness — the energy of creation expressed through you. Most of all, the 'Q' gives you permission to really accept yourself for who you are. If you're interested in feeling the full beauty and power of your sacred life force energy and you'd like to make profound shifts in your world then you are ready for Quodoushka. The Q program is not only practical and profound, those who attend agree; it's also a great deal of fun!

## Q1 SCHEDULE

**WEDNESDAY** 6 PM Registration, program begins at 7 PM – 12AM (approx)  
**THURSDAY** 9 AM – 12 AM (approx.) with a 2 hour dinner break  
**FRIDAY** 9 AM – 12 AM (approx.) with a 2 hour dinner break  
**SATURDAY** 9 AM – 12 AM (approx.) with a 2 hour dinner break  
**SUNDAY** 9 AM – 6 PM

## PLAN TO ATTEND NOW

Register online at

<https://amaracharles.com/events/quodoushka-1-hi/>

or

<https://www.sweetmedicineshoppe.com/Q1-Kauai-2019.aspx>

## YOUR FACILITATORS



Michael Stein | Karen Krauss | Amara Charles

## ABOUT YOUR FACILITATORS

### AMARA CHARLES *Keeps the Fire*

Highly acclaimed sex and intimacy expert Amara Charles has facilitated Quodoushka spiritual sexuality programs around the world since 1989. Amara's # 1 Best Selling book *The Sexual Practices of Quodoushka* is inspiring men and women everywhere to become more caring, creative lovers. Amara has been a guest on VH1, BBC, ABC, and HBO as well as numerous national and international relationship conferences, radio and TV shows. Her humorous, insightful and often provocative presentations inspire men and women to bring more wisdom and happiness into their intimate lives.

### KAREN KRAUSS *Lighting Spirit*

Karen Lighting Spirit has been walking the Sweet Medicine SunDance Path since her first Quodoushka in 1984 and in addition to her deep dedication to her own personal self-growth has led vision quests, Rites of Passage, and Quodoushka Spiritual Sexuality programs. Karen is an inspiring, loving teacher and is motivated by the inner truth that freedom within one's sexuality sparks one's passion for life. Her gift is assisting others to awaken their naturalness as a vibrant and alive being. She also runs a shamanic supplies shop, [www. sweetmedicineshoppe.com](http://www.sweetmedicineshoppe.com).

### MICHAEL STEIN *Star Dreamer*

NLP, C. Ht. has been an SMSD apprentice for 19 years and on Quodoushka teaching team for 17 years. He's a Certified NLP Trainer, an Ericksonian style hypnotist storyteller. For the past 30 years he has been a counselor, life coach and leadership facilitator. Michael's commitment is to listen, support and challenge students so that they discover the Beauty and Excellence of their natural sexual selves.

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### REGISTRATION PAGE *PLEASE PRINT*

#### PLEASE REGISTER ME FOR: QUODOUSHKA 1, KAUAI

November 6-10, 2019

Early bird ends August 30, 2019

- Individual .....\$815 / \$915 (August 30, 2019)
- Couple .....\$1510 / \$1610 (August 30, 2019)
- Q1 graduates & SMSD Apprentices.....\$590 / \$625 (August 30, 2019)
- Deposit only .....\$250 pp

REGISTER ONLINE: <https://amaracharles.com/events/quodoushka-1-hi/>

or

<https://www.sweetmedicineshoppe.com/Q1-Kauai-2019.aspx>

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Ph: \_\_\_\_\_

Email: \_\_\_\_\_

MC             Visa             Check or Money Order\*

Card No.: \_\_\_\_\_

Print Name: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ 3 Digit Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_

Billing address zip code: \_\_\_\_\_

**TOTAL:** \_\_\_\_\_

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Registration is limited and subject to confirmation. Specific location and all the information you will need to attend will be given when your registration is confirmed. Some lodging available onsite for additional cost.

Thanks for your registration! Our registration team requests to speak with participants by phone or video chat to ensure this workshop is right for you. Please contact Amara or Karen to schedule a brief call to confirm your registration.

#### CANCELLATION POLICY:

You must notify us 10 days before the event. There is a \$150 fee pp for admin expenses. Within 10 Days \$250 pp is non refundable.

For any questions, contact Amara 602.820.4661 | [amara@amaracharles.com](mailto:amara@amaracharles.com) or Karen 480.329.7873 | [swmedicineQ@cox.net](mailto:swmedicineQ@cox.net)