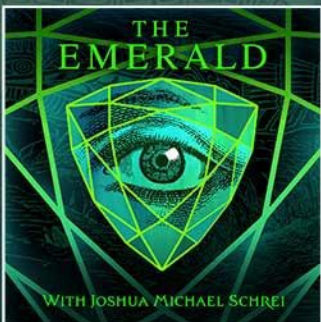


# THE MYTHIC BODY

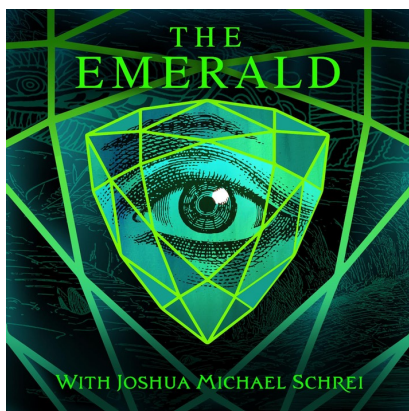
November 1, 2024 – September 7, 2025



A yearlong course of mythic study, somatic practice, storytelling, song, threshold exploration and nature immersion with The Emerald podcast's Josh Schrei and special guests.



# Overview



Mythologist, somatic instructor, and storyteller Josh Schrei of The Emerald podcast introduces **The Mythic Body**, a yearlong course for dedicated students who want to better understand the ecstatic, animate heart of myth and story, deepen their access to the imaginal core of human experience, explore foundational knowledge common to global ritual traditions, and enhance their practice in their own traditions.



Through mythic study, somatic practice, ritual repetition, nature immersion, threshold exploration, and shared story, participants will recalibrate and deepen their relationship with body, community, and cosmos. The course will have deep relevance and deep applicability for bodyworkers, somatic instructors, therapists, depth psychologists, storytellers, public speakers, artists, writers, activists, policy makers, community builders, and all knowledge seekers.

For more information on how to apply, check [themythicbody.com](http://themythicbody.com) or contact [themythicbody@gmail.com](mailto:themythicbody@gmail.com)

# Course Pillars

Mythos • Somatic Practice • Ritual Repetition • Invocation  
• Nature Immersion • Threshold Exploration • Devotion



## 1. Mythos

The myths of the world aren't abstract ideas. They are meant to stir a somatic experience of connection to the natural world and the larger cosmos. Ongoing study of the global mythic corpus will provide an anchor through which we can understand commonalities of ecstatic experience, build foundational access into deep somatic states, and understand how the human being is situated in this world of animate forces. Our study will focus on the myth as a key driver of human experience that is ritually enacted and somatically felt. We will discuss and invoke myths from around the world and explore specific ways to apply mythic understanding to our daily lives.



## 2. Somatic Practice

Our journey into the mythic heart of human experience will be anchored with regular breathwork and simple guided somatic meditative practice. Participants will also design their own somatic practice based on expanding access to threshold states and deepening access to foundational somatic energetics. Somatic practice will be accessible for all levels.

# Course Pillars



### 3. Ritual Repetition

Building on foundational knowledge, participants will structure a repetitive daily practice based within their own traditions, designed to connect them to a regular ritual rhythm. This repetitive practice will deepen over the length of the course and will be a key part of the course project work as participants expand their understanding of the key components of ritual, the somatics of ritual, and how simple ritual provides a foundation for daily life.



### 4. Invocation

99% of human tradition has been conducted through the medium of oral invocation. Honing our understanding of the dynamics of oral invocation has implication for all teachers, students, practitioners, writers, storytellers, and knowledge seekers. Through storytelling, listening, and vocalization practice, students will awaken and hone the human instrument as a vehicle for transmission in their own teaching and practice traditions.

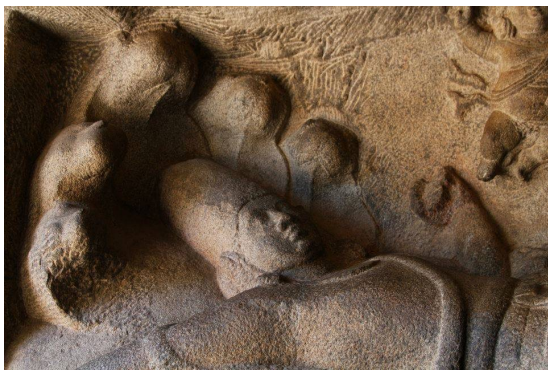


### 5. Nature Immersion

Participants will be invited to increase their time spent in the natural world and will explore the specifics of their relationship with nature and natural forces in new and dynamic ways. Moving from a destination-centric paradigm of nature immersion to a model of focus, animacy, deep knowledge, and vocal interaction, participants will grow their understanding of natural systems and reawaken the power of their relationship to place. Together we will explore methodologies of listening to land, re-enchanting land, and growing our relationship to land.



# Course Pillars



## **6. Threshold Exploration**

Human beings once had ready access to deep states of seamless connection with the natural world and spent long periods of time in these flow states. Course participants will explore their own thresholds – what activities take them into the state of deep connection to nature and cosmos – and over the course of a year, will increase the time they spend in threshold states and cultivate simple exercises to access these states.

## **7. Devotion**

At the heart of this course is the understanding of the simultaneously tiny and grand place that the human being holds within the cosmos, a recognition that naturally generates awe and wonder. This devotion is the backbone for all of our study. Students will develop a program of regular ritualized wonder and offering around an object of devotion within their own traditions and explore how access to awe and wonder can be constructed on a regular basis.



# Learning Structure

- Regular live zoom sessions with Josh and with course facilitators. Recordings will be available for those who can't attend live.
- Regular pre-recorded guided practice.
- Regular pre-recorded presentations.
- Regular pre-recorded mythic storytelling
- Ongoing questions and practice suggestions for students to explore on their own time.
- Discussion and reflection in smaller groups.
- Three projects within the course pillars
- Guest workshops and discussions to be announced. Previous guests have included Sophie Strand, Bayo Akomolafe, Tom Hirons, Leah Song and Chloe Smith, and Peia Luzzi.
- Ritual practice, nature immersion practice, and threshold practice to be done on the student's own time.
- Ongoing access to all course materials
- In person immersion in Hawaii in March 2025 at no extra cost

For more information on how to apply, check [themythicbody.com](http://themythicbody.com) or contact [themythicbody@gmail.com](mailto:themythicbody@gmail.com)

# Projects

Participants will complete three foundational projects.

- 1. Shrine Building** – Participants will methodically construct their own ritual space and practice starting with a simple object of devotion and evolving aesthetically, artistically, and devotionally.
- 2. Ritual Pilgrimage** – Participants will design their own ritual immersion based on the foundational ritual principles that we study in the course.
- 3. Myhtelling and Invocation**– Participants will slowly come to identify a core myth that they work with throughout the course, learning from it, invoking it, and using the techniques of invocation we study to bring it life in their bodies.



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# In Person Immersion

Participants are invited to attend a three-day in person immersion on the island of Kauai. In this beautiful setting, we'll practice invoking, moving, breathing, shrine building, listening to land, adoring waterfalls, and weaving mythic stories. Airfare and accommodation are not included. Lunch provided on immersion days. Participants who are able to attend choose one set of the following dates.

- March 5-7, 2025**
- March 12-14, 2025**
- March 19-21, 2025**
- March 26-28, 2025**

**\*Possible European immersion in May 2025 depending on attendance**





A close-up photograph of a highly decorative, multi-colored mask resting on a bed of sand. The mask features a large, prominent eye with a white sclera and a dark pupil. The mask is adorned with intricate patterns and textures, including gold leaf, red, blue, and purple. The background is slightly blurred, showing more of the mask and some greenery.

# Curriculum Overview

## Study specifics

- Myths from around the world
- Mythic somatic commonalities and how to access them – mythic visions of dissolution and dismemberment, void, focal points, world trees, nectars, hums, rhythm and song, shapeshifting, pilgrimage and more
- Somatic practice designed to help us feel and move vital energy and link to directional energetics within nature
- Community and communication dynamics through a mythosomatic lens
- Fundamentals of regular repetitive ritual
- Fundamentals of respectful interaction with animate forces
- How to build a fire the old way, and apply the lessons of firekeeping to daily life
- How to awaken ancestral sense faculties
- How to identify technologies of rapture in our lives and increase our access to states of connectedness
- Fundamentals of storytelling
- Fundamentals of voice and vocalization
- Translating mythic knowledge to design paradigms for a better world

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# Key Myths

In the course, we will explore the following mythic stories and their foundational somatic energetics.

The death of Osiris/Birth of Horus  
The Lady of the Fountain  
Dionysos and the Maenads  
The Story of Kubjikā  
Samson and the lion's skull  
The Siberian world tree  
Krishna and the Gopis  
Shiva Nataraj  
The dismemberment of  
Ymir/Purusha/Ouranos/Tlaltecuhli  
Ulu and the breadfruit tree  
Apollo and Daphne  
The story of Chinnamastā  
The visions of Zosimos  
Kālī and Raktabija  
The Lindworm  
Innana's Descent  
Selections from the Vijñanabhairava Tantra  
Vishnu dreams the universe into being  
The Stories of Obatala  
Thomas the Rhymer and the Faerie Queen  
King Kakudmi and Revati  
Krishna and Sudama  
The three heads of the well

Stories of Orpheus  
Durga the Lion Rider  
Vasilisa the beautiful and Baba Yaga  
Sisyphus  
Pirithous in the Underworld  
Sage Agastya Swallows the Ocean  
Mbombo vomits the universe  
Ceridwen and the birth of Taliesin  
Krishna and the butter pot  
Troy/Babel/Jericho and other tales of  
structural collapse  
The battle of Shiva and Kama  
Agni and the mouth of fire  
Varying perspectives on stories of The  
Fall  
Shiva and Sati  
Ramakrishna, Andal, Mirabai and other  
tales of devotion  
And many more

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# Course Calendar

## November 2024

dates	description	topic	content
November 1	Call with Josh	Ritual opening of the course	
Week of 4th	Calls with Josh	Mythosomatic foundations	Mythosomatic foundations – exploring the resonant link between myth, body, community, and cosmos.
Week of 11th	Calls with Josh	Dissolution	Mythologies and practices of dissolution, shedding, dismembering, letting go, exhalation, and release.
Week of 18th	Calls with course facilitators	Dissolution	Mythologies and practices of dissolution, continued.
Week of 25th	integration week, no classes		

## December 2024

Week of 2nd	Calls with Josh	Void	Mythologies and somatics of primordial oceans, ringing ethers, and the time and space of proto-creation. The discomfort of in-between spaces, what it means to access formlessness in an age that demands production and action.
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# Course Calendar

**dates**      **description**      **topic**      **content**

## December 2024

Week of 9th      Calls with Josh      Listening      Mythologies of listening, hearing, primordial sounding, as the senses awake in the void. Feeling primal resonance as the energetic foundation of the body, of ritual, and of society.

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Week of 16th      Calls with Josh      Listening      Further mythologies and practices of listening.

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Week of 23rd      Integration week, no classes

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Week of 30th      Integration week, no classes

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## January 2025

Week of 6th      Calls with Josh      Wave Dynamics      Understanding the basic directionalities of energetic movement as reflected in the body, the story, the ritual structure and the cycles of nature.

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Week of 13th      Calls with Josh      Ritual Foundations      Fundamentals of ritual, fundamental cycles of the cosmos and their reflection in the body and the ritual structure.

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Week of 20th      Calls with Josh      Devotion      Foundations of devotional practice. The somatics of devotion. How devotion can enhance our relationship with the animacy of the living world.

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Week of 27th      Calls with Course facilitators      Devotion      Sharing around course members first project – the finding of a devotional object. Foundations of shrine building.

# Course Calendar

dates	description	topic	content
<b>February 2025</b>			Finding focal points. Mythologies of the point, egg, seed, and moon as the point of rapturous focus. Identifying techniques and technologies of rapturous focus.
Week of 3rd	Calls with Josh	Point	
Week of 10th	Calls with Josh	Axis	Mythologies and practices of axis, world tree, central mountain. Finding the continuous axis between the practitioner, the community, and the cosmos.
Week of 17th	Calls with course facilitators	Axis	Further exploration of the mythologies, somatics, and communal and cultural implications of the central axis. Trance states as a return to axis.
Week of 24th	Calls with Josh	Nectar	Mythologies and practices of nectar. The honey of prophecy, the mead of poetry, the lunar nectar of soma and their relation to the somatic trance experience.
<b>March 2025</b>			Myths of cauldrons and cups across cultures, devotional teachings on being a vessel, and cultivating the body of the practitioner as hollow container.
Week of 3rd	Calls with Josh	Vessel	
Week of 10th	Calls with course facilitators	Nectar/Vessel	Group calls diving further into mythologies of nectar and vessel and the principle of the container
Week of 17th	integration week, no classes		
Week of 24th	Calls with Josh	Fire	The mytho-somatics of fire, from the repetitive fire of ritual to the blaze of imaginative imagery. Mythologies and practices of luminosity.

# Course Calendar

dates	description	topic	content
<b>April 2025</b>			
Week of 1st	Calls with Josh	Fire	Practices of ritual friction
Week of 7th	Calls with Josh	Shapeshift	Hoofbeats on the cave floor – mythologies and practices of shapeshifting and animal mimicry, expanding sense faculties and rattling.
Week of 14th	Call with course facilitators	Shapeshift	Integrating the shapeshifting material.
Week of 21st	Calls with Josh	Hum	Sound invocation and vibrational resonance as the foundation of the ritual mysteries. Myths and practices of uttered sound.
Week of 28th	Calls with Josh	Hum	Exploration of sound and vibration continued.
<b>May 2025</b>			
Week of 5th	Project immersion /course break		
Week of 12th	Project immersion /course break		
Week of 19th	Project immersion /course break		
Week of 26th	Project immersion /course break		

# Course Calendar

## June 2025

dates	description	topic	content
Week of 2nd	Calls with Josh	Ritual Project	Reviewing the ritual project through group storytelling and shares.
Week of 9th	Calls with course facilitator	Ritual Project	Reviewing the ritual project through group storytelling and shares.
Week of 16th	Calls with Josh	Invoke	Sonic alphabet as creation, tongue as primordial instrument, and finding the bardic praise song that is longing to be given voice. Invocation as the animate force itself.
Week of 23rd	Calls with Josh	Invoke	Further exploration of the somatics of story and song.

## July 2025

Week of 1st	integration week, no classes		
Week of 7th	Calls with Josh	Pulse	Mythologies of the drum and the exploration of rhythms in nature, bodies, and ritual. Instruments, frequencies, and their specific relationship with trance. Binaural explorations.
Week of 14th	Calls with Course facilitators	Pulse	Deeper explorations of rhythm and ritual practice.
Week of 21st	Calls with Josh	Moon	Mythologies of the moon and the construction of human somatics around the lunar cycle.
Week of 28th	Calls with Josh	Heart	Mythologies of the heart. The somatics of 'following the heart.' The heart as an organ of resonance through which the power of ritual works.

# Course Calendar

dates	description	topic	content
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## August 2025

Week of 4th	Calls with Josh	Mandala	Expanding the visionary mythic geography. Basic practices to connect to the wheel of animacy.
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Week of 11th	Calls with Josh	Animacy	Visions of animate beings and spirits from traditions around the world.
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Week of 18th	Calls with Josh	Pilgrimage	Mythologies of the great journey. Somatic pilgrimage practice. Starting to reflect on our journey together.
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Week of 25th	Calls with Josh	Union	Mythologies of the great rejoining. Union and re-union as perpetual mythosomatic experience.
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## September 2025

Week of 1st	Calls with Josh	Consolidation	Listening to the stories of the participants' journeys, closing with a ritual space to listen to the power of each other's stories and songs.
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September 8th	Call with Josh	Course Closing Call	
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# Costs

The costs for this yearlong immersive course were arrived at through a deep want to make it affordable and accessible, and to stand as an alternative to pricing models in the wellness world that are often over-inflated. A limited number of scholarships will be available.

- **\$2,880** for students and practitioners with little expendable income, payable in 1 payment, 3 payments of \$960 each or 6 monthly payments of \$480 per month.
- **\$3,330** for professionals and teachers who are able to contribute a little more to the vision and pay a comparable rate to an 8-week yoga teacher training course. Payable in 1 payment, 3 payments of \$1,110 or 6 monthly payments of \$555 per month
- **\$3,780** for those of greater financial means that understand the amount of work that goes into creating a course like this and are wanting to support the long-term vision. Payable in 1 payment, 3 payments of \$1,260 or 6 monthly payments of \$630 per month

Discounts will be given to podcast patrons, based on level of patronage.

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# Bio

Joshua Michael Schrei is the founder and host of The Emerald podcast, which draws from a deep well of poetry, lore, and mythos to challenge conventional narratives on politics and public discourse, meditation and mindfulness, art, science, literature, and more. A writer, teacher, and a lifelong student of the cosmologies and mythologies of the world – in particular, the Indian subcontinent – Josh has sought to navigate the living, animate space of the imagination and advocate for a world that prioritizes imaginative vision. Josh has taught intensive courses in cosmology, mythology, and somatic disciplines for nearly 20 years.



# Co-Facilitators



**Bernardo Malamut** Born and raised in the vibrant tapestry of Brazilian traditions, Bernardo's journey has been guided by a profound reverence for the interconnectedness of all life. With two decades of experience as a Jungian Psychologist, he draws wisdom from diverse spiritual traditions across Africa, South America, and India. Whether immersed in the realms of Psychoanalysis or navigating the mystical landscapes of Candomblé, Ifá, and the Sanatana Dharma, Bernardo's quest remains constant: to explore the boundaries of perception and reality.

**Eve Bradford** is an educator, writer, artist and experience designer utilizing extensive training/study in art, language, performance, cultural theory, spiritual practice and ecology to create interdisciplinary events, ritual theater, film, workshops and environments. Her work exists in the liminal space between activism and prayer, science and art, chaos and structure, transmission and collaboration.



**Portia Richardson** weaves relational connections and stewards regenerative ecologies, fostering the flow of vital life energy throughout internal and external landscapes. She is a mother to a human wildling, a caretaker of many animal and plant kin, a tender of earth, an interdisciplinary healing practitioner, a cultural careworker, a seer and trance medium, an independent musician creating as Scinnlaece, a gatherer of stories and people, a devoted forever student of the mysteries, and an elder in training.

# Co-Facilitators



**Skye Mandozay** was raised in South Africa where she worked in wildlife rehabilitation and as a Wilderness Guide. After undergoing a traditional 3-year apprenticeship in Taoist Healing practises she moved to the Peruvian Amazon where she entered into a full-time 5-year curanderismo apprenticeship with her Shipibo teachers. On return, she has been passionate about finding ways to live some of the core paradigmatic shifts that were received through her time learning from the plants. This is primarily done through her work as a facilitator of Experiential Deep Ecology, as a Grief Ritualist, Folk Herbalist and as curator of immersive group experiences that focus on the reclamation of animist perception, mythic imagination and ritual rhythms.

**Scout Rainer Wiley** is a writer and ritual artist living on lands traditionally stewarded by the Cherokee. Sourcing from the movement lineages of Butoh and Laban-Bartiniéff, as well as the trance-induction techniques of Neuro-Linguistic Programming, Scout creates imaginal-somatic practice containers designed to reawaken humanity's relationship with the living world.

