**LIST OF RECORDED CLASSES**

**Available on Pregnant Hag Teachings**

***(Last updated 23 November 2022)***

This list is organized by subject, into the following categories:

* **FREE classes**
* **SACRED ART CLASSES**
* **RUNE MAGICIAN CLASSES**
* **SEIDR CLASSES**
* **HEALING THE WITCH WOUND CLASSES**
* **CULTURAL ASTRONOMY CLASSES**
* **PANDEMIC (SPIRITUAL) TOOLKIT WORK WITH CHILDREN (Natural Born Shamans material for pandemic times and times of war in Europe)**

**FREE CLASSES**

**Meet the Pregnant Hag! (FREE welcome webinar)**

<https://pregnant-hag-teachings.teachable.com/private_pages/6223736?preview=logged_out>

**Medicine of the Imagination (FREE Book Launch Webinar)**

<https://pregnant-hag-teachings.teachable.com/private_pages/6243776?preview=logged_out>

**North Sea Water In My Veins (FREE Book Launch Webinar)**

<https://pregnant-hag-teachings.teachable.com/private_pages/10848422?preview=logged_out>

**PANDEMIC TOOLKIT FOR CHILDREN**

*(Recorded in March 2022)*

**FREE mini workshop introducing Natural Born Shamans material and a toolkit for navigating the Pandemic (and a climate of War in Europe):**

<https://pregnant-hag-teachings.teachable.com/private_pages/9942934?preview=logged_out>

**SACRED ART CLASSES**

**CLASS #1 Honouring our Ancestors through Art**

<https://pregnant-hag-teachings.teachable.com/private_pages/6243975?preview=logged_out>

**CLASS #2 Meet the Bone Mother**

<https://pregnant-hag-teachings.teachable.com/private_pages/6256343?preview=logged_out>

**CLASS #3 The Wild Hunt**

<https://pregnant-hag-teachings.teachable.com/private_pages/6256780?preview=logged_out>

**MAKING SACRED ART: Imelda Almqvist’s Introduction Course**

**Consists of 3 webinars:**

**CLASS #1 Labyrinths, Medieval Art, Life as a Pilgrimage (8 February 2023(**

**CLASS #2 The Woman Who Repairs Stories (29 March 2023)**

**CLASS #3 The Leavings of the Wolf: Norse God Tyr (10 May 2023)**

<https://pregnant-hag-teachings.teachable.com/private_pages/11930631?preview=logged_out>

**RUNE MAGICIAN CLASSES**

**The Runes of the Elder Futhark (taught Nordic style, using the Scandinavian names for the runes, with a special focus on the Uthark sequence)**

**A series of 9 webinars, available as individual classes or as a bundle!**

**CLASS #1 RUNES FE AND UR (FEOH OR FEHU – URUZ)**

<https://pregnant-hag-teachings.teachable.com/private_pages/6650351?preview=logged_out>

**CLASS #2 RUNES THURS – ASS – REID (THURISAZ – ANSUZ – RAIDO)**

<https://pregnant-hag-teachings.teachable.com/private_pages/7418739?preview=logged_out>

**CLASS #3 RUNES KEN – GIFU –WYNJA (KENAZ – GEBO – WUNJO)**

 <https://pregnant-hag-teachings.teachable.com/private_pages/7419041?preview=logged_out>

**CLASS #4 RUNES HAGAL – NAUD – IS (HAGALAZ – NAUTHIZ – ISA)**

<https://pregnant-hag-teachings.teachable.com/private_pages/8287742?preview=logged_out>

**CLASS #5 RUNES JARA – PERTHRA – EOH (JERA – PERTHRO – EOHL)**

<https://pregnant-hag-teachings.teachable.com/private_pages/8288101?preview=logged_out>

**CLASS #6 RUNES ALGIZ – SOL –TYR (ALGIZ – SOWILO – TIWAZ)**

<https://pregnant-hag-teachings.teachable.com/private_pages/8288257?preview=logged_out>

**CLASS #7 RUNES BJARKA-EH-MADR (BERKANA- EIHWAZ-MANNAZ)**

<https://pregnant-hag-teachings.teachable.com/private_pages/9553124?preview=logged_out>

**CLASS #8 LAGU-ING-ODAL (LAGUZ-INGWAZ-OTHALA)**

<https://pregnant-hag-teachings.teachable.com/private_pages/9598411?preview=logged_out>

**CLASS #9 RUNE DAGAZ AND A TRIP AROUND THE ENTIRE WHEEL!**

<https://pregnant-hag-teachings.teachable.com/private_pages/9598957?preview=logged_out>

**FROM FUTHARK TO FUTHORCS: NINE ADDITIONAL RUNES FOR RUNE MAGICIANS, a bundle of three webinars!**

Once I had mastered the runes of the Elder Futhark and formed a solid working relationship with all 24 runes, I became curious about the nine additional runes found in (later) Futhorcs.

**This course presents those nine additional runes, which add significant tools to the runic toolbox!**

This course was taught between February and April 2022. You can watch the recordings in your own time and catch up!

And please note that my 2022 book, North Sea Water In My Veins (About the Pre-Christian Spirituality of the Low Countries) contains a Rune Summary with the names and meanings of the Frisian Rune Row!

<https://pregnant-hag-teachings.teachable.com/private_pages/11093148?preview=logged_out>

**RUNIC “VACCINES” & PANDEMIC PROTECTION**

**A bundle of six webinars, taught during Lockdowns, about making Runic “Vaccines” and Sigils for Pandemic Protection**

<https://pregnant-hag-teachings.teachable.com/private_pages/6239155?preview=logged_out>

**CLASS #1 MAKING RUNIC VACCINES AND SIGILS**

**CLASS #2 THE TEACHINGS OF TYR**

**CLASS #3 BJARKA – BIRCH RUNE AND MOTHER RUNE**

**CLASS #4 SOL & ALFRODUL**

**CLASS #5 SLEIPNIR’S RUNE – THE HORSE RUNE**

**CLASS #6 RUNE HAGAL – THE RUNE OF THE PANDEMIC!**

**SEIDR CLASSES**

**CLASS #1 What is Seidr? Introduction class**

<https://pregnant-hag-teachings.teachable.com/private_pages/6665055?preview=logged_out>

**CLASS #2 Meet the Vǫlva!**

<https://pregnant-hag-teachings.teachable.com/private_pages/6665531?preview=logged_out>

**CLASS #3 Meeting the Norns and Changing the Weave**

<https://pregnant-hag-teachings.teachable.com/private_pages/6665706?preview=logged_out>

**CLASS #4 The Disir and the Mountain of Healing**

<https://pregnant-hag-teachings.teachable.com/private_pages/7698129?preview=logged_out>

**CLASS #5 Norse Goddess Freyja: the Vanadis!**

<https://pregnant-hag-teachings.teachable.com/private_pages/8043936?preview=logged_out>

**CLASS #6 The Goði and the Gyðja (the roles of the Norse Priest & Priestess)**

<https://pregnant-hag-teachings.teachable.com/private_pages/8900064?preview=logged_out>

*The following two classes come as a bundle of 2 classes:*

**CLASS #7 Shield Maidens**

**CLASS #8 Modraniht**

<https://pregnant-hag-teachings.teachable.com/private_pages/9133498?preview=logged_out>

**BUNDLE OF TWO CLASSES REQUESTED BY STUDENTS (Will run in 2023)**

<https://pregnant-hag-teachings.teachable.com/private_pages/10848422?preview=logged_out>

**Class #1 DISABILITY & THE LOSS OF A BODY PART**

25 January 2023, 7 to 9 PM BST

*(And how this relates to acquiring shamanic super powers in Old Norse Cosmology)*

&

**Class #2 GRIEF AND LAMENTING**

22 March 2023, 7 to 9 PM BST

*(About Nordic Death Rituals and Galdr for processing Grief and Loss)*

**IMELDA ALMQVIST’S SEIDR INTRODUCTION COURSE ONLINE**

**(Recorded in April 2022)**

 *Please note that this course is complete but there are no recordings for the High Seat Ceremony and the Hall of the Rune Magicians night (as both contain confidential information)! My plan is to organise a catch-up session once enough students have completed this course online to make that viable.*

<https://pregnant-hag-teachings.teachable.com/private_pages/9793789?preview=logged_out>

**HEALING THE WITCH WOUND CLASSES**

**CLASS #1 Healing the Witch Wound through Art**

<https://pregnant-hag-teachings.teachable.com/private_pages/7176677?preview=logged_out>

**CLASS #2 Building spiritual (“herd”) immunity for witches**

<https://pregnant-hag-teachings.teachable.com/private_pages/7659771?preview=logged_out>

**CLASS #3 The Witch as a Private Investigator**

<https://pregnant-hag-teachings.teachable.com/private_pages/8294844?preview=logged_out>

**CLASS #4 The Well Witch**

<https://pregnant-hag-teachings.teachable.com/private_pages/8899358?preview=logged_out>

**CULTURAL ASTRONOMY**

*Bundle of three webinars about how the Old Norse peoples viewed the night sky (and saw their entire cosmology play out overhead!)*

**THE NIGHT SKY OF THE VIKINGS: Stjörnuíþrótt: the Cultural Astronomy of the Old Norse peoples**

<https://pregnant-hag-teachings.teachable.com/private_pages/9604712?preview=logged_out>

**NATURAL BORN SHAMANS MATERIAL &**

**SHAMANIC WORK WITH CHILDREN:**

**Mini workshop dedicated to helping children and families build a shamanic toolkit for navigating the Pandemic (and war in Europe).**

This workshop is FREE, so no one is excluded for financial reasons. The only prerequisite for attending**is a genuine desire to reach out to a child (or children plural) in any capacity** (parent or grandparent, teacher, youth leader, mentor, concerned neighbor, sports coach etc.)

**PANDEMIC TOOLKIT FOR CHILDREN**

<https://pregnant-hag-teachings.teachable.com/private_pages/9942934?preview=logged_out>

**Imelda Almqvist, London, 23 November 2022**

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