



Year long immersion into nature, ceremony and community:

(Four days - One day from 9 am to 2 pm during each of the 4 seasons)

Discovering your gifts, embracing your challenges, giving rise to your full self (soul, heart, body and mind)

What you will experience:

- Explore the four directions, seasons and elements as a mirror to your own soulful nature.
- Develop a deeper relationship to inner and outer Nature.
- Recognize Nature as a *guide*
- Participate in and take away techniques of *Council* and *Ceremony* - ways to communicate from the heart in sacred space.

Our primary goal is to enable and support each participant's fullest contribution to our communities (both human and non-human).

We've found that people can reach extraordinarily deep, when they have a year to do so; when they are supported by an ongoing group (maximum of 13) and a guide, and when they are assisted to respond to the signs and opportunities that appear during the year. There is a kind of magic that happens when a space forms around a journey that has ample time to unfold.

We start with fall, harvest season, a rich time to honor what we nurtured to fruition. Winter season is one of reflection, hibernation, story-telling and deep ceremony. Spring is rejuvenating, awakening, a time to prepare for planting and growing. We end with the summer, that playful, child-like, exuberant season. Each season has much to teach us. Our moods, energy and questions change. They reflect our journey from child to adulthood, to elder hood and back to our beginnings. We will spend time in nature - alone and in community.

How: Each day (Saturdays, 9am – 2 pm) will include a council to sharpen intentions and to prepare for solo time in nature. Light yoga, meditation, poetry reading, interactive conversations set the stage. Through ceremonies, we will honor our time with nature, prepare for the solo walk, support our intentions during our solo walks and welcome

each other back. Upon return, you share your stories and explore ways to incorporate what you have returned with into your life.

Where: Rock Creek Park in all weather. In winter, the preparation and return location will either be indoors or supported by a fire in a shelter in Rock Creek Park.

When: October 27, 2018; January 19, 2019; April 20, 2019; July 13, 2019. Each time we meet on a Saturday from 9 am - 2 pm. Plan to arrive by 8:30 to have time to find the location.

Note: Please inquire about the option to change a date – in this year’s program we were able to adjust 2 dates to accommodate all who signed up or intended to.

Optional: stay another hour to share a seasonal potluck meal. This has been a wonderful closure for our times together in this year’s program.

What: Dressed for all weather, journal and pen, something to sit on, blanket to wrap in, water, your choice of food or experiment with fasting during that day to support your inner clarity. We will turn off all external stimuli that we can control, such as phones, etc.

Who: Your guide is Christiane Frischmuth, a certified wilderness rites of passage/vision fast guide, coach, team builder and Yoga Teacher with over 25 years of experience in guiding people to discover their true soul and bring it into being. She has participated in many vision fasts and wilderness rites of passage as well as survival training and wilderness first aid. She is an avid backpacker and hiker. (see www.gfconsulting.org for bio)



You: You do not need to be experienced in any wilderness practice or Yoga and meditation practice. You don’t need to have any level of fitness. You might find yourself wondering about what is next in your life, be in transition, want to spend more time in nature, want to explore what it’s like to be alone in nature, want to have a community to hold important questions with you. You might be curious about what nature has to offer and what ceremonies and practices can support your life. You may be open to discovering what gift or unknown artistry emerges that you can bring back to your community. You may be a coach or trainer or teacher and would love to experience tools and processes you can use with your clients and students.

CEU coaching credits (resource and core) may be available. If interested, ask me.

How much: US\$ 375. An early bird special of 325\$ if you register by August 10 2018.

A check or money order holds your space.



Questions, intrigued, want to explore more, ready to book:

Contact christiane@gfconsulting.org or call 202-285-3476.