



Immersion into nature, ceremony and community:

Support your life's journey and transitions through guided time in nature

(Four days - One day from 9 am to 2 pm during each of the 4 seasons. Join for the entire year long program or individual seasons/days.)

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 and life journey
- Explore questions and intentions that will guide you through transitions and exploration of your own unique life phase
- Develop a deeper relationship to inner and outer Nature
- Recognize Nature as a *guide*
- Participate in and take away techniques of *Council* as a way to be in community and *Ceremony* as a way to communicate from the heart in sacred space
- Enjoy your time and feel at home in your "true nature"

Our primary goal is to enable and support each participant's fullest contribution to our communities. This occurs by understanding and owning our gifts and places in life.

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,

Here is what one participant said after the year-long program:
"Christiane is a warm and thoughtful guide to the wonders just beyond our doorsteps in Rock Creek Park. Each season, she gently gathers the group and thoughtfully provides framing questions. We wandered outside, with time to explore our inner and outer worlds. Christiane then welcomes us back to unfold the deeper mysteries of our 1 journeys. This experience has led me to turn to nature as a source of

energy and questions change. They reflect our journey from child to adulthood, to elderhood 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 (between 1-2 hours) in nature. Light yoga, meditation, poetry reading, interactive conversations set the stage. Ceremonies and suggested activities support our intentions as you immerse yourself into nature during your the solo walk. Upon return, you share your stories and explore ways to incorporate what you have returned with into your life.

This year, we offer the option of doing the entire program or coming for any number of the seasonal days. While the experience of all seasons, deepening of understanding the ceremony and getting to know each other enhances the value of the program for participants; any one day in nature will be very beneficial. Life happens and this design offers more opportunities to join.

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: April 13, 2019; July 13, 2019; October 12, 2019; January 11, 2020. 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, leadership development facilitator, 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 February 15, 2019. US\$ 100 per day if only joining for one day.

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.