

EarthWays presents...



Poetry of Place DayQuest

July 10-11, sunset-sunset

Cynthia Morrow & Roy Remer

Austin Creek State Park,

Sonoma County

\$125; partial scholarships available

All proceeds (after expenses) will go to support nature-based educational programs for youth

*Light wind in a hidden pine—
Listen close—the sound gets better.
-Han Shan, tr. Gary Snyder*

When we cross over from the village to the forest, we enter a world alive with language. It is impossible for us to visit this other wild world without being noticed and addressed by an abundance of creatures and plants. As we drop into our senses, instincts, and intuition, we open ourselves to communication with the body of nature, outer and inner. On this DayQuest program, we will explore the “Poetry of Place.”

This will be a day to slow down and pay attention, to notice how our presence is received, and how we perceive our surroundings. We become part of a wild language through the rustle of leaves, a warning cry, the babbling of a brook, a dance, a song, a poem, or a prayer.

We will begin on the evening of July 10th for an opening circle when we will share our intention for the next day’s solo medicine walk. We encourage participants to forgo food from after dinner on the 10th until we break the fast following your solo time on the 11th. A meal to break your fast will be provided, followed by a story council, where you will have the opportunity to share your experience and be deeply witnessed. All forms of creative expression are welcome. We will end the program on the 11th at around sunset. Please contact us for a more detailed schedule of our time together. (Camping will be available on the nights of the 9th and the 11th at no additional cost.)

Cynthia Morrow, MA, MFT, is a depth and body-centered psychotherapist, a biodynamic craniosacral practitioner, and a wilderness rites of passage guide with EarthWays. Her work is informed by the language and the movements of wild nature, inner and outer, that whisper their secrets of life, wisdom, love, and mystery. She has trained with School of Lost Borders and is certified in Wilderness First Aid. Her web address is www.natureofsoul.com. Cynthia can be reached at 415-221-6373, or cynthia@natureofsoul.com for information and registration.

Roy Remer has trained with the *School of Lost Borders*, and leads wisdom circle and solo walk programs in nature. He has been a volunteer caregiver for over 12 years with *Zen Hospice Project* in San Francisco. During that time, he has served on the *ZHP* board of directors and as a facilitator for new volunteer trainings. A publishing industry professional for over 20 years, He is also an avid hiker and climber. In 2008, he completed the *Metta Institute’s* year long *End-of-Life Caregiver Training*. Roy can be reached at 510-469-4415, or roy_remer@yahoo.com for information and registration.