



Forest Sanctuary

A Women's Contemplative Retreat

Cazeaux Nordstrum and Cynthia Morrow

June 23 – 25, 2017
1pm Friday to 1pm Sunday

\$150 (\$50 of this fee will be donated to
The Women's Forest Sanctuary of
Northern California)

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In the warmth of summer, join our intimate circle of women as we gather in the soft shelter of an old growth redwood forest for the ancient practices of contemplation and meditation. Here, sun and moonlight stream through pine branches and life-giving waters gently flow. For innumerable cycles of time, Grandmother Trees witness the stories, knowing, changing, stillness of those who dwell upon the forest floor. As women, we will see ourselves deeply in the feminine mirror of this land. We gather in the spirit of spacious ease, nourishment, simplicity, and strength that comes from softness. Women of all spiritual and religious affiliations are welcome.

The Sacred Grove on the Mattole River, holding 1,000 year old trees, is a vital habitat for the King and Coho Salmon, endangered indicator species of the California North Coast forest ecosystem. Intact redwood groves such as these contain the bio-diversity upon which the physical and spiritual survival of our own and myriad other creatures depend. This is a sanctuary where women and their allies can hear the wisdom of the ancient forest.

Our retreat time will include periods of silent contemplation, sitting meditation, walking meditation, and time in council for sharing and witnessing. This is an all-outdoor camping retreat. Each woman brings food for herself and may combine with others for some shared meals. A full basecamp kitchen will be provided. Upon registration, complete details, including a list of what to bring, will be sent to you.

Cynthia Morrow MFT is a wilderness rites of passage guide, a seasoned psychotherapist of 20 years, and biodynamic craniosacral practitioner. She is a dedicated Dharma practitioner of the Japanese Tendai tradition. Her work is devoted to the awakening of our own wild and interconnected nature for deep healing, inner strength, and whole-heartedness. She has trained and guided with the School of Lost Borders and is a certified Wilderness First Responder. Her web address: www.natureofsoul.com. cynthia@earthwaysllc.com

Cazeaux Nordstrum MFT - Growing up in the Sonoran Desert of Southern Arizona, Cazeaux lived among many native cultures. Her work as a psychotherapist focusing on adult midlife and elderhood for 30 years has given her a rich long view and a wisdom perspective. Twenty years of work in Japan with elders and their caregivers has altered her view of caregiving. Cultural Anthropology, Transpersonal and Jungian psychology, Native American cultures influence her guiding with School of Lost Borders, Rites of Passage and EarthwaysLLC. Zen Buddhist meditation and time out in Nature is her foundation. Cazeaux is trained as a Wilderness First Responder. cazeaux@earthwaysllc.com