



## Walk Into the Wild Heart

### An Individually Guided Ecotherapy Program

**Cynthia Morrow, MFT**

**6 Saturdays in 2017:**

*January 14, March 25, May 6,  
July 22, September 9, November 4*

**Fee: \$100**



One Saturday every two months in Sonoma County, you will have an opportunity to walk out into the mirrored heart of nature with intention and individual guidance. This is a unique invitation to dive deeply into the inner and outer landscapes of what have heart and meaning for you. *Is there a significant decision you need to make? An old painful pattern you wish to release? A gift hiding in your shadows you want to bring out into the light? A transition to mark? Deeper connection with inner knowing you seek?*

You will have an abundant 4-1/2 hours of solo time on the land to seek what wisdom the natural world has to reflect for you. You will carry your intention, your grief and longing, your willingness to allow your mind and heart to open, and perhaps your joy. A half hour of one-on-one time with me immediately before and after your time alone will help to clarify ground, and empower your intent. Time frames will be very specific and reserved in advance. Availability is as follows:

~9:00-9:30 and 2:00-2:30

~9:45-10:15 and 2:45-3:15

~10:30-11:00 and 3:30-4:00

~11:15-11:45 and 4:15-4:45

To reserve your place, please select your 1st, 2nd, and 3rd choices of time frames listed above, and email them to me. This will be first come, first serve. The fee of \$100 covers a total of one hour of our meeting time and the holding of basecamp while you are out. Payment must be received in advance. Upon reserving your place, all details will be sent to you, including where to meet, what to bring, and a map of the territory.

Please call or email if you have any questions. Hope to see you on the land!

**Cynthia Morrow, MFT** is a seasoned psychotherapist of 20 years, wilderness rites of passage guide, and biodynamic craniosacral practitioner. 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.

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