

EarthWays LLC presents...

Walk Into the Wild Heart

An Individually Guided Ecotherapy Program
Cynthia Morrow, MFT

6 Saturdays in 2016:

*February 13, April 16, June 25,
August 13, October 15, December 3*



One Saturday every two months in Sonoma County, you will have an opportunity to walk out into the mirrored heart of nature with the support of individual session work. 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, just as in regular therapy appointments, only we meet in a wilder office than usual. 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 spot, 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 is \$100, which is for a total of one hour of our meeting time and for holding basecamp while you're out. Payment must be received in advance. Upon reserving your spot, 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 out there!

Cynthia Morrow, MFT is a seasoned psychotherapist of 20 years, wilderness rites of passage guide, and biodynamic craniosacral practitioner. Her work is devoted to bringing the embodied, passionately awakened soul of wild nature into our lives for deep healing, inner strength, and whole-heartedness. She has trained and guided with the School of Lost Borders and is certified in Wilderness First Aid. Her web address: www.natureofsoul.com Email: cynthia@earthwaysllc.com Phone: 415-221-6373.