



EarthWays Day Walk Spring Equinox

March 23rd, 2019

9am - 5pm

**Sugarloaf Ridge State Park
Sonoma County**

Fee: \$90

(scholarships available - please inquire)

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*I choose to risk my significance; to live so that which came to me
as seed goes to the next as blossom, and that which came to me
as blossom goes on as fruit.*

-Dawna Markova

What are the seeds of your heart's longing? Are you at a significant crossroads? Is there something needing to die? Is something waiting to be born?

Step out of ordinary time and go alone into nature, seeking insight into what has great heart and meaning in your life. Equinox is a powerful time to walk the land with intention. Nature provides a balance of light and dark, mirroring the potency of your own path of transformation.

Our small group format will include time for sharing in council and about 4 hours of solo time on the land. We will end the day with a story council that will include some reflection from your guides.

Your EarthWays guides ...

O. Andrew Schreiber has been practicing Nature Based Spirituality for over 35 years. O uses rhythm and song to bring a deep connectedness to Ceremony, Ritual and Rites of Passage. He is a proud father with two amazing daughters, and is blessed to be the Grandfather of two precious granddaughters. O has trained with School of Lost Borders and is a certified Wilderness First Responder.

Cynthia Eisho Morrow MFT is a wilderness wilderness rites of passage guide, a seasoned psychotherapist of over 20 years, and a biodynamic craniosacral practitioner. She is an ordained novice priest in the Japanese Tendai tradition. Her work in all its expressions is devoted to the awakening of our interconnected nature for deep healing, inner strength and whole-heartedness, for the benefit of all beings. Cynthia has been an EarthWays guide for over 10 years, and also guides with the School of Lost Borders. She is a Wilderness First Responder, a lover of yoga, cooking, and long walks in wild places.

www.earthwaysllc.com



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