



EarthWays Day Walk Fall Equinox

September 21st, 2019

9am - 5pm

**Sugarloaf Ridge State Park
Sonoma County**

\$90

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*"The year rolls towards darkness. It is the time of dreaming.
I look for a message in the night sky, in the temple under the earth,
in stones and in stories."*

~Maya Spector

Summer's endless days yield to the growing darkness of Fall, beckoning us to look within. Is there an intention forming within the deepening landscape of your soul? 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 purpose and ceremony. Nature provides a balance of light and dark, mirroring the potency of your path of transformation. Healing and wholeness naturally unfold when we have the courage to give voice to what emerges from within.

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 what will include mirroring from your guides.

Your EarthWays guides...

Cynthia Eisho Morrow MFT is a 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.

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.

www.earthwaysllc.com



EarthWays LLC | Box 1104 | Sebastopol | CA | 95473