



Soulwork Journeys presents a
Day Journey

Sustenance for Heart and Soul

Sunday - July 31, 2011
Point Reyes, California
10:00 a.m. - 4:00 p.m.

In the end one tires of everything except heart's desiring, soul's journeying ~ Rumi

Soul's Longing ~ In the midst of our busy, fast-paced modern world is a longing to slow down and drink in the beauty and wonder of life — for a deeper connection with self and others, and the freedom to simply be without all the doing. This is the longing of the soul.

The Power of Nature ~ Time out in the beautiful sanctuary of nature is powerful medicine for the soul. Under the open sky in the fresh ocean breeze, tension releases and all your senses come alive. With the awesome swoop of a hawk overhead, the graceful unfurl of an egret's wing, or the brilliant color of a tiny wild flower, your soul begins to sing.

Kindred Spirits ~ You're invited to join a small group of fellow seekers on a Transformational Day Journey to nourish your soul and revitalize your mind, body and spirit — in the vibrant beauty of summer.

The day includes ~ a gentle two-mile hike along a winding path, over sand dunes to the ocean. Along the way, we'll pause for guided inner journeys, personal messages from the spirit of the land, a light lunch, and Universal nature-based teachings and ceremonies to heal, harmonize and honor your connection with the natural world. The entire day is spent outdoors in the fresh open air.



Anna Billings, Licensed Marriage and Family Therapist, draws from over thirty-years experience leading transformational workshops along with the wisdom of her mentors ~ Angeles Arrien, *Four-Fold Way* - cross cultural shamanic healing practices; John Milton, *Sacred Passage* - solo nature quests; Malidoma Somé, *Of Water and the Spirit* - wisdom of the ancestors and ancient indigenous cultures; John O'Donohue, *Celtic Pilgrimage*; and David Whyte, *Midlife and the Great Unknown*.
website: www.soulworkjourneys.com

***To register: Send \$125 to Anna Billings at 700 E Street #208, San Rafael, CA 94901
\$5 off per person when two or more register together***

***Includes lunch • 6 Continuing Education Hours for LCSWs and LMFTs
Inquiries: Call Anna Billings at 510-524-0833***