



Soulwork Journeys presents a

Day Journey

Sustenance for Heart and Soul

Sunday - June 27, 2010
Big Sur, California
10:30 a.m. - 4:30 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 fast-paced modern world is a longing to slow down and drink in the beauty and wonder of life — to enjoy the vibrant freedom of simply being without all the doing. This is the longing of the soul.

The Power of Nature ~ Time away 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. In the quiet freedom of nature's spaciousness, 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.

The day includes ~ An inspiring walk among ancient redwoods, scenic cliffs, waterfalls and awesome views of the ocean. You'll learn easy ways to connect with your authentic self through the spirit of nature — with guided inner journeys, mindfulness practices and Universal nature-based teachings. Lunch is provided for you.



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

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