***Nature as Muse***—Seasonal transitions

Spring (February/March)

**Nature as Muse:** *Outdoor Therapy & Walking Meditation*

This workshop is designed to inspire individuals to develop a personal practice of engaging with the natural world for the purpose of building self-confidence and a sense of well-being. As a nature and wilderness mentor it is my intention to teach people ways to cultivate and nurture the simple art of outdoor therapy and mindful walking on terms that are comfortable for them. One of the ways this is done is simply to develop an awareness of the natural world while walking outdoors. Participants are encouraged to keep a journal for writing/sketching about their experience.

Summer (July/August)

**Nature as Muse:** *Herbs, Honey, & Food as Good Medicine*

Whether or not Hippocrates can be credited with the saying, “Let food be thy medicine, and let medicine be thy food,” we know that our food choices impact our health and well-being. In keeping with the spring season this class will focus on herbs, plants and food choices that support cleansing and renewal. We will learn to “eat like a bear” with an emphasis on fresh greens, healthy fats, and how to craft a lifestyle way of eating for well-being.

Autumn (September)

**Nature as Muse:** *Dream Incubation—working with your dreams*

This workshop is designed to inspire individuals to develop a personal practice of working with their dreams for personal enrichment and a deepening appreciation of honoring seasonal transitions. Participants will learn techniques that are fun and practical. For those of us living in the northern hemisphere autumn is a time to prepare for shorter days and longer nights. This seasonal transition is a perfect time for cultivating dreams.

Winter (November/December)

**Nature as Muse:** *Storytelling & Ancestral Veneration*

This is one of my favorite workshops! It gives us an opportunity to explore our ancestral stories for personal enrichment and ancestral veneration. Through storytelling and discussion we will learn about the call of the ancestors and how we might listen to their stories. By learning about our cultural and ancestral heritage we come to a deeper understanding of ourselves and the lives we live.

\****(The Bear’s Way Series)***