



Return to the Elements: BEING NURTURED BY NATURE

(A 3-DAY outdoors experience)

Jeremy Youst and Jim Morningstar are your guides

August 27-29, 2015

Is it time for you to take a break and reconnect with the deep healing elements of nature?

Join us as we create a Sacred Circle and return to our essential nature - fire, water, earth and air will become our allies - through ceremony, medicine wheel teachings and a purification lodge we will blend the joy of being in nature with the individual paths of our spiritual growth. The high energy of coming home to the safety of Mother Earth and the freedom of Father Sky shall uplift our hearts, bodies, minds and souls. We will expand our senses and nurture ourselves with grace, ease and pleasure - a total vacation for the body, mind and spirit.

Location: Broadwing Breath Center, Spofford, NH
Program runs 9 am Thursday – 6 pm Saturday

Please bring:

Potluck food to share for breakfast, lunch and dinner as we will be preparing and sharing all meals together (we will provide dinner after the lodge on Friday)

Towels for: showers, water breathe and sweat lodge

Bug repellent, bathing suit, snorkel/mask (if possible) and inclement weather gear

Tent and camping equipment or linens if you want to camp inside

FEE: \$295 (\$50 non refundable deposit required)

To register contact Jeremy: 603-363-4331 jeremy@powerofbreath.com



Jeremy Youst is a certified Somatic Breath Therapy practitioner and the founder/director of the internationally accredited Power of Breath Institute in Spofford NH. The Institute offers private sessions, personal intensives, live and virtual programs, and a life-changing nine-month Empowerment Training.

Jim Morningstar Ph.D., has been a licensed clinical psychologist since 1973 and has directed a community mental health centre. He founded Transformations Incorporated in 1980 and through it directs the School of Integrative Psychology, the Creative Consulting and Counseling Services and the Transformations Breathwork Training Program. He is the author of three books and an audiotape in the field of breathwork. He currently co-directs the Global Professional Breathwork Alliance.