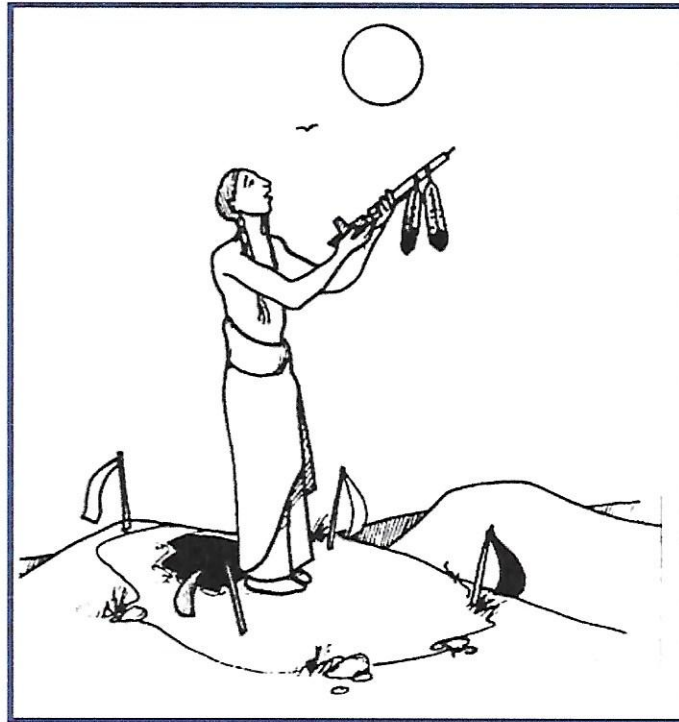


VISION QUEST DAY

A Local Retreat in Nature



Saturday 24th September 2016

A Vision Quest is a rite of passage in some Native American cultures. Usually of several days' duration - this single day gives a taste of what a longer Quest offers - an opportunity to:

- immerse ourselves in nature without distractions;
- listen to our inner natures in a local wild place.

We commit our solo six hours to becoming one with the natural environment. Through simplifying we open to the here and now, slow down, hear the small sounds, movements, sights, feelings and thoughts coming and going.

We will use a few simple individual exercises to help focus and reveal what nature is saying to us when we get out of our way.

Fasting, Fascinations, Freeing and Finding.

Programme for the Day

- Group meets in West Malvern
- Prepare as a Group
- Find our Solo Place
- BE THERE
- Gather and share our stories
- Celebratory Shared Meal

More Information

For more information contact
Raphael Bate:

- *e-mail:* randhbate@googlemail.com
- *tel:* 01684 573882

Suggested donation: £5 - £10,
(unwaged no charge).