



'wild self' dayquest

- a nature-based approach to transition and change



- are you ready to create the change that is crucial to feel connected and alive?
- are you ready to mark a change in your life?
- are you lost in transition or change?

from birth to death, life presents transitions . . . these transitions can be difficult and complicated yet when we viscerally connect with nature, a pronounced shift in thinking and acting surfaces . . .

a nature-based approach to transition embraces challenges and ensures we are led toward our natural path . . .

spend a day in marin county's wide-open, contemplative space to slow down and reflect on the particulars of your life situation . . .

from the tranquility of a wilderness setting, your life situation will be explored through three types of experience . . . group discussion . . . provocative teachings . . . private reflection . . .

through supportive community and nature's healing powers, you will gain a deeper connection into yourself and what role you can play in your life transition . . .

information

when: november 6th -- 8 am - 4 pm

where: mount tamalpais (marin county, ca)

value: \$145, early registration (before october 1st)
\$175, regular registration (after october 1st)
* tuition includes a post-quest, one-on-one coaching session in support of integrating the quest experience into your daily life . . .

registration:

gino dante borges, ph.d at

lightandright@thewildself.com

josie bohling at josieheyward@gmail.com

phone: (888) 466-4820

your personal guides on the quest:



gino dante borges, ph.d. is the founder of the wild self (www.thewildself.com) a cutting-edge wellness company that helps people feel light and right through the creative interaction of body, nature, and expressive arts . . . he divides his time between san francisco and the high desert of northern nevada . . .



josie bohling is a marriage and family therapist and a wilderness guide (www.shade-tree-counseling.com) she is passionate about the role the natural world plays in cultivating and maintaining positive mental health, vitality and balance in our lives she lives in sebastopol, ca and plays in the sierras . . .