



Big Lagoon in Muir Woods, where Redwood Creek meets the Pacific Ocean.

OUTER LANDSCAPE AS A MIRROR OF INNER LANDSCAPE

In this two and a half day seminar we will re-vision particular places in the Redwood Creek Watershed in Muir Woods. We will truly 'see' these places in a new way and then be guided to exercises and practices, movement, singing and art form, that may reveal, transform and heal long forgotten qualities of this landscape. We will uncover memories and solve riddles that this space carries. Our intention will be to create a communal ritual for this place of great importance, and celebrate its uniqueness for the entire region.

Ana will develop a phenomenological path to understanding earth changes and their corresponding effects on our inner landscape as body, soul, and spirit beings. Participation in this workshop will develop new capacities to help heal our own homes, landscapes and communities.

Workshop sessions are Fri. September 5, 8-10 pm, Sat. September 6, 9 am-9 pm, and Sun. September 7, 9 am-3pm.

The cost of the workshop is \$150 if postmarked by August 10 and \$200 after August 10.

THE HEADLANDS INSTITUTE

Headlands Institute is located on the southwest edge of Marin County, where the Pacific Ocean meets the San Francisco Bay. It is part of the Golden Gate National Recreation Area, the largest urban national park in the world. The Institute is surrounded by over 140,000 acres of coastal parklands from the Golden Gate Bridge to Point Reyes National Seashore. It is located 20 minutes from downtown San Francisco.

Dining at Headlands Institute is always a pleasurable experience. The spectacular views of Rodeo Lagoon and the Pacific Ocean are exceeded only by the delicious and hearty meals served by the exceptional chef and culinary crew. Fresh, local produce is used whenever possible. Vegetarian meals and vegan preferences can be accommodated.

The accommodations consist primarily of dormitories with several bunks to a room. Semi-private rooms hold 4-6 bunk beds and share common bathroom facilities. Bring sheets, pillows, sleeping bags or blankets unless prior arrangements have been made. Bring your own towels.

The Headlands Institute is a certified Green Business seeking to reduce our ecological carbon footprint by implementing green projects and encouraging responsible environmental behavior. We are committed to supporting non-profit community groups.

- ***A variety of lodging and food options are available. Please choose the option when registering that works best for you.***
- ***Information regarding transportation from San Francisco transportation hubs is available upon request.***
- ***Payment for the workshop, lodging and food must be by check or money order; payment by credit care is not available at this time.***
- ***For a registration form, email: karendavisbrown@yahoo.com***