

Deep Wilderness Journey

The Lost Coast

September 26 – October 1, 2013



Life-Skills

Connecting with the Wisdom of the Earth

Awaken To Spirit Through Wilderness!

707-829-0776 www.wolfskills.com

The Lost Coast

is 29 miles of pristine wilderness beach and canyons in Northern California...

A setting removed from this century; wild, primordial, filled with wildlife.

It's common to stroll on the beach amidst recent tracks of seal, raccoon, wildcat, coyote, fox and bear within an hour – even to see the animals, walking. It is a place of profound and haunting beauty...blending mountains, flats, canyons and sea.

"You haven't lived until you have walked in the woods with Peter Wolf"
-Gary Stewart, Los Angeles

The Journey: We will bring just what we need on this gentle adventure, but this isn't just a 'backpacking' trip. **The object is a transformation - from ordinary everyday patterns, to a cross cultural, time-proven extraordinary group experience of becoming receptive to, and connecting with the Earth.**

Wilderness, as Psychologist Robert Greenway suggests, is the original, untainted, healthy mind. It is a physical place, but also an internal state. Wilderness isn't just a place to 'survive', or do mileage. Immersion with skill richens life. The intent is to immerse, and receive lasting gifts from the spirit of the land. This is an aspect of what is now called "Ecopsychology". **Peter Wolf will give you tools, to help you integrate nature's gifts and simplicity... back into the volume, pressure and speed of modern daily life.** This experience gives a deeply memorable adventure, from which people report lasting effects years later.

On "culture": When we get physically and ritually removed enough from our culture, it's easier to break its habit patterns - which we may not notice have been limiting. Peoples who lived close to the Earth were more attuned by nature to their surroundings; it was where they lived. They developed cultures by their relationship to Earth's pulse, as to their relationship with each other. Today, people rarely learn how to let nature speak -- to teach us, to relax, heal, and help us become more focused, more aware, and stronger at the core. **This journey can bring profound positive changes: for initiative, for creative thinking "out of the box," and the ability to find communion amidst the speed, volume and pressures in daily living.**

"Ritual Journey": This trip includes a rich blend of ceremony, levity, kind-heartedness, sharing of strengths, access to personal insight. Folks often find that they want to know each other long after the trip is over.

Simple preparation:

- 1) If you don't already, please consider eating more whole foods; less refined and addictive things. It can improve physical stamina and overall disposition.
- 2) For weeks prior to the trip, substitute simply walking with your pack and boots, instead of the gym a few days a week. You'll find that it gives remarkable strength, aerobics, and a new coordination and balance, which you (and others) will appreciate.

- Helpful tips on preparation and packing list will be sent on receipt of registration.

Name: _____
Address: _____

City/Zip: _____
Phone: () _____
Fax/email: _____

•*Enrollment is limited to ensure individual attention and quality experience.*

- Cost: \$695, meals included.
- To register, send a non-refundable \$295 deposit by August 26, 2013
- -Discount registration is \$645 if received in full by August 26, 2013
- Balance is requested by September 12, 2012.
- Late registration, by space available only. Call 707-829-0776.
- Scholarship options are available for those in need.

TO REGISTER:

Send this form and check payable to:

Peter Wolf
1641 Furlong Road
Sebastopol CA 95472

•Opening ceremony starts at 7am on the 16th. Trip departs promptly at 7:30am. Please plan to arrive the evening before if you can / or are coming from out of town. There are nearby hotels, or you are welcome to camp on our land.

- The Deep Wilderness Journey requires a brief advance telephone conversation.**
-Call Peter at 707-829-0776 if you wish to register.

Peter Wolf holds an M.A., Psychology, Wilderness Adaptation Skills, and a B.A. in Counseling Psychology. His Old-ways awareness, wilderness survival, tracking, and outdoor education training under mentors from North and South America began at age 11 in 1968. His professional and personal paths include multidisciplinary training, each spanning 10 to 30 or more years.

Wolf lived in the old way of the ancient scout. He draws upon a history of martial arts and classical dance training. His clients have included executives, universities, physicians and helping professionals, artists, public & private schools, Special Forces and military officers, groups and personal growth retreats over 30 years.

Peter is committed to guiding people toward a deeper and more tangible physical, emotional and spiritual relationship with the Earth, Creator, themselves and others.

www.wolfskills.com