

Deep Wilderness Journey

The Lost Coast

September 22 – 27, 2011



Life-Skills

Connecting with the Wisdom of the Earth

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. 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 what we need on this gentle adventure, but this isn't just a 'backpacking' or 'cuisine' 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 something to 'survive', or rack up mileage. Immersion with skill changes lives for the better. The intent is to immerse and receive lasting gifts from the spirit of the land. This is an aspect of what today is called "Ecopsychology". **Peter Wolf will give you tools to help you immerse and integrate nature's gifts and simplicity... back into the volume, pressure and speed of modern daily life.** This experience makes a deeply lasting and memorable adventure, from which people report lasting effects.

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. Historically, peoples who lived close to the Earth were more attuned by nature to their surroundings, because it was where they lived. They developed their 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 is one purpose of this Journey. It 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 of daily living.**

Simple preparation:

- 1) Please consider eating more whole foods, and less refined and addictive things. It improves stamina and overall disposition.
- 2) Substitute walking with your pack and boots for the gym a few days a week. You'll find that it gives you tremendous strength, aerobics, coordination and balance which you and your trip-mates will appreciate.

•Helpful tips on preparation and packing list will be sent on receipt of registrations

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 Sept. 7, 2011
(Discount registration is \$645 if received in full by Sept. 7, 2011)
- Balance is requested by September 15, 2010.

TO REGISTER:

Send this form and check payable to:
Peter Wolf
708 Gravenstein Hwy. N., #83
Sebastopol CA 95472

•Opening ceremony starts at 7am. 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 property.

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