



## PROGRAMS:

These programs are designed for you to take time for you.

With our busy lives, we hardly have the opportunity to slow down and center ourselves. This is a chance to connect with your body, your spirit and nature so you will grow from this centered place. This place of space. It is a powerful awakening so take a look, find your inspiration, and join us. You're worth it!

Our intention is to inspire, teach, and unify people with nature and universal energy. Each retreat will be guided by a workshop theme with a variety of outdoor activities including hiking, meditation, yoga, journaling, walking meditation, chanting, and breath work. These

techniques will be applied to everyday situations guiding you to a more present and centered life. You will benefit from increased calm, greater resilience, and the ability to be fully present.

**Check back...our workshop themes change regularly**

### **Power of Manifestation: How to use it in your daily life.**

**Location:** American Wilderness Leadership School  
([www.safariclubfoundation.org/education/awls](http://www.safariclubfoundation.org/education/awls))  
Granite Creek, Jackson Hole, WY

**Dates:** September 18-21, 2008

**Number of Days:** 4 days

**Fee- \$985**

**Fee includes:** Tasty, nutritious vegetarian food made with love, lodging, airport shuttle, fee for hot springs, all classes and instruction.

**Retreat leaders:** Kathie Chandler- psychic clairvoyant, Cathy Shill- intuitive biologist, and Kichan Olpin- energy facilitator

**Description:** With instruction, you will acquaint yourself with your inner guidance. We all have guidance and often don't realize the power that comes with manifestation. It is a choice to create the outcome of our lives and often we do it without realization. This retreat will bring awareness to your inner guidance and how to use it to create your life. You will learn how to manifest mindfully with step-by-step instruction, vocabulary and tools to use daily. We will use nature as our classroom and learn how to see the guidance given to us.

This workshop will focus on manifestation, mediation, and mindfulness. The American Wilderness School is located in Granite Creek so we are surrounded by nature and the energy of the universe. Hiking is for all levels and we will be visiting a natural hot springs to further connect us to the earth.

## Women's Intuition-heart, body and soul

**Location:** American Wilderness Leadership School  
([www.safariclubfoundation.org/education/awls](http://www.safariclubfoundation.org/education/awls))  
Granite Creek, Jackson Hole, WY

**Dates:** October 7-10, 2008

**Number of Days:** 4 days

**Fee:** \$985

**Fee includes:** Tasty, nutritious vegetarian food made with love, lodging, airport shuttle, fee for hot springs, all classes and instruction including hands on cooking class and recipes.

**Retreat leaders:** Kathie Chandler- psychic clairvoyant, Cathy Shill- intuitive biologist, Kichan Olpin- energy facilitator, and Mary Ryan- nutritionist, and poet Lyn Dalebout.

**Description:** With a focus on nutrition with dietician and nutritionist, Mary Ryan owner of Beyond Broccoli ([www.beyondbroccoli.com](http://www.beyondbroccoli.com)), we combine healthy eating with a focus of heart and soul. Kathie, Kichan and Cathy, our leadership team, with share intuitive guidance and poet, Lyn Dalebout, with share her intuitive insight through journaling with nature and the poet within. You can't beat this perfect mix of teachers and the opportunity to learn from them! Each day begins with meditation and movement, we then journey to nature's classroom to focus on our senses, our bodies, our intuitive guidance, and how to connect to the wisdom within each of us. Our setting will be the mountains with time for self discovery giving you the ability to learn and grow to a life of awareness and peace.

## Intuitive You

**Location-** Nature's classroom in Teton Valley, Idaho  
\* lodging options available

**Dates:** September 19<sup>th</sup> and 20<sup>th</sup>

**No. of Days-** 2

**Investment-** \$190

**Fee includes-** Classes and instruction, transportation available upon request.

**Workshop leaders:** Kathie Chandler- psychic clairvoyant, Cathy Shill- intuitive biologist, and Kichan Olpin- energy facilitator.

**Description:** This workshop is two full days in Teton Valley, Idaho. Our leadership team will teach you to connect to the intuitive within. We will gather each day and focus on our intuition and teach you to work with your spiritual guides. Through meditation and time in nature you will learn how to use your intuition to lead you through a life of bliss. With simple tools, you will be able to receive guidance and connect to your stillness. We will build a daily practice to live a life of presence and awareness.

## Workshop ideas for 2009:

Connecting to Oneness

Reiki I and II

Immerse yourself with nature - backpacking in the Tetons.