

WAKING UP IN THE WILD: MOUNTAINS & RIVERS

*"I come to realize that mind is no other than mountains and rivers and the great wide earth,
the sun, the moon and stars"*

--Dogen

Join us as we come together by the river in Carmel Valley for
meditation, celebration, nourishment and community.

In this embodied meditation retreat, we take refuge in the bounty of the natural world and
explore our limited notions of self and our connection to the infinite Self.

Using walking, lying, eating and sitting meditations, we can experience the stability of the
mountains, the fluidity of the rivers, and the openness and curiosity of a child.

Telling our stories, we connect with our inherent wisdom and joy,
the wisdom of our ancestors, and the spirits of the earth.

Being in the spaciousness and the rhythms of the natural world,
we remember who we are.

Saturday, October 22, 10am - 2pm
Carmel Valley, near Garland Ranch
(Please bring a dish to share.)

\$90 Early-bird registration until Oct. 1*

\$110 after Oct. 1

(Non-participation Policy: No refunds)

See montereybaymeditation.com for details and registration

Facilitator: Dr. Patricia Wolff is a chiropractic and homeopathic physician, a licensed Marriage and Family therapist and on the teaching council of the Monterey Bay Zen Center. In addition to her love of the outdoors, she brings curiosity, humor and meditation to this exploration of being human. www.drpatriciawolff.com



529 Central Ave, Suite 201 A, Pacific Grove ~ www.montereybaymeditation.com