



Embodying Nature, Becoming Ourselves

Fall Retreat and Facilitator Training

"The sun shines not on us but in us. The rivers flow not past, but through us, thrilling, tingling, vibrating every fiber and cell of the substance of our bodies, making them glide and sing." - John Muir

Summer is a wonderful time to get outside and make contact with nature - and your nature. To get "in shape" for disconnecting from technology, once a day substitute a 3-breath cycle pause for looking at your phone.

Stop, put your hands on your belly, and take 3 voluptuous, delicious breaths - in through your nose, and out through your nose or mouth. Reset and center; then move on. This is a simple practice for taking a creative pause and remembering the nature within.

Once you are familiar with that practice, combine inner awareness with outer attention. During the 3 breaths, maintain your focus on something beautiful in your surroundings - whatever appeals to you in the moment - with a soft countenance.

This daily action trains your brain to have one-pointedness of mind while staying connected to sensations of ease. This may not seem like much, but re-patterning concentration to become more fluid and less tense can be big achievement for many people.

Learning somatic practices in the context of the natural environment as a resource for daily life is one intention underlying the Embodying Nature protocol. The retreat and facilitator training at Sea Ranch are like a foreign language intensive - an immersion in a different way of thinking, perceiving and expressing ourselves. Join us in this magnificent environment to renew your spirit and fortify your soul.

Details in the enclosed PDF: take advantage of the early registration deadline of June 15 to save \$100!

[Embodying Nature 2018](#)

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