

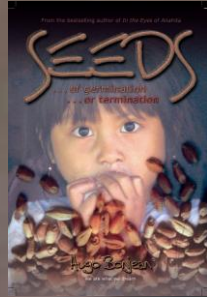
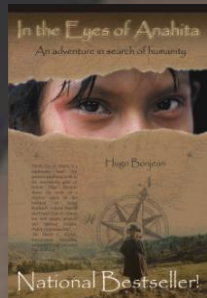
The Way of Gaea

with Hugo BonJean

Author of *In the Eyes of Anahita* and *Seeds of germination or termination*

facilitated with Rhonda Ann Clarke

Founder of alivEmotion and Wisdom Within Us



16th, 17th, 18th of October, 2009
@ The Well, SW Calgary, AB

This is a workshop for those that seek guidance and answers to move graciously through life by **integrating spiritual, economical (and physical), emotional and mental realities**. During this workshop you will discover **a path and a teacher** which can provide guidance on your journey.

Hugo will guide you to connect with Earth and **discover a Mother of bottomless wisdom**. A wisdom that is plain and humble; A wisdom that will help you to discover *your* truth; A wisdom that will allow you to walk with courage in beauty and integrity.

Rhonda will guide you to **sense the natural flow of the Mother through movement**, turning the mental and heart connection with Mother Earth into a true experience of Oneness. Our movement is a reflection of our sensations and when we listen to the "wisdom within us", we feel Gaea from the inside out.

"My truth is my truth, it is not yours. Your truth is yours, to be discovered by you on your magical adventure of Life." –Hugo BonJean

"Our knowing in the moment is our truth; the integrity of our truth is the bliss from deep within." – Rhonda Ann Clarke

Friday evening 7 to 9 pm: Bonfire, introductions, expectations, simply getting to know each other and connecting to Gaea.

Saturday 9 am to 9 pm: Gaea and You. Discover how fear, love, control, power, security, death and violence are all interconnected and how you choose to let them affect your life. Connect with Gaea through movement to find internal balance by shifting habitual patterns to joyful ones to fully express your true creative nature.

Sunday 9 am to 4 pm: Gaea and the World. Start to connect to Gaea's ways of sustainable design and integrate them one step at a time into your day to day life. Discover how to apply Gaea's foundations into your economic world as well as into the design of your garden, community organizations or corporation. Connect with Gaea through movement and learn how to feel the flow of nature's timeless and seamless rhythms as you align that flow with the design of your YOU uniqueness.

Where: The Well (Silverbank Ranch), a magical place along the old Indian trail only 25 mins SW of Calgary (near the Priddis Golf Course – see attached map with directions). Participants can stay overnight in teepees or go home. Staying overnight will facilitate a deeper connection with Earth.

What to bring: An open heart, a playful attitude and an inquisitive mind; healthy food; layered outdoor clothing, all workshops will take place outside or in teepees; a notepad if you tend to write things down – there will be no handouts, the workshop manual will surround you; for those staying overnight, a warm sleeping bag and foam or mattress.

Only \$250 for Weekend - Reserve Now
Call Rhonda @+1250-240-3045 or 780-852-3835
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