

Founder



Photo: Daniele Massie

Lisa Detwiler is an Occupational Therapist and Gestalt Therapist with 10 years experience leading workshops and groups. Lisa is an Apprentice on the Sweet Medicine SunDance Path. Lisa's vision is to empower people to deepen their connection to self, nature and inner stillness. She brings a range of skills and interests into her psychotherapy practice, which includes shamanism, nature observation and karate. Lisa's passion for the outdoors has led her on many adventures including reaching the summit of Mt. Kilimanjaro, Africa and trekking the Annapurna circuit in Nepal.

“If you know wilderness like you know love, you would be unwilling to let it go. We are talking about the body of the beloved, not real estate.
Terry Tempest Williams

10% of profits will go to support the World Wildlife Foundation

Stillscape Journeys
416- 769-0380
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***Please Help me
I'm Urban!***



A rejuvenating retreat for urbanites who care about the planet.

*Open your mind and heart
to the magic of nature.*

Tired of the daily grind? Wanna tune out the noise of the city and the noise in your own mind?

Trade in a day of your usual routine for a nature adventure in the city. No experience necessary, only a sense of humour required.

Please Help me I'm Urban! is a powerful one-day retreat for urbanites who care about the planet. It is a workshop to free you mind, connect your senses and raise your spirit.

It is designed to bring you in tune with nature and self through awareness exercises, walking meditation, creative expression and traditional wilderness survival skills.

Participants will be guided through a series of activities and experiences that will help cultivate stillness of mind, a heightened sense of body awareness and a deeper connection to the surrounding natural world.

Join us for a day of slowing down, rejuvenation and reconnection to nature, *without leaving the city!*

A handbook listing environmentally friendly practices will be available free to all workshop participants.

Please check out our website at www.stillscapejourneys.com

A free tree seedling will be provided for each workshop participant.



When we lose touch with nature, we lose touch with ourselves.

Date: Sunday May 25, 2008
Time: 10:00 am – 5:00 pm
Location: Pacific Health Centre
168 Annette St. Toronto

To register or for more information contact Lisa at 416 769-0380

50% non-refundable deposit is required to hold your spot.

lisa@stillscapejourneys.com

Cost: \$130 (If you register early by March 16, 2008 you pay only \$115)

Space is limited. Register early.

"I go to nature to rest my eyes. I go to nature to connect with something broader than I can understand" Charles Roth