

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.

“Lose your mind and come to your **senses**”
(Fritz Perls)

“The nature spirits are never dead, they are alive under our feet, over our heads, all around us, ready to speak when we are silent and centred.”
(Synder)

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



StillScape Journeys

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*Come Down
to Earth*



A magical journey of sensory awareness in nature.

Free Yourself. Open your senses to Nature.

Indulge your senses for a full day to the sounds, sights, smells, tastes and touch of Mother Nature.

Delight in your senses and rediscover the joy of this moment.

Come Down to

Earth: is a one-day retreat for busy minded folks who crave a more simple life, with more presence and joy.

This outdoor retreat will have you opening up your senses to a new way of seeing the world. A world of living *here and now*.

Come and spend the day indulging in sensory bliss with: Silent walking meditations, outdoor sensory awareness experiences, nature observation, and much more.

You will be guided through both group and individual experiences in a safe way that will allow you to rediscover yourself through the mirror of nature.

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.

Let nature teach you a new way of living in *greater gratitude*.



Date - Sunday July 27, 2008

Time – 10:00 am – 5 pm

Location - Pacific Health Centre
168 Annette St. Toronto

(3 blocks north, 1 block east of High Park Subway Station)

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 May 1, 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