



Welcome!

We are so pleased that you have joined us and are providing us the opportunity to work with you on your journey. This will give you a brief overview of what to expect.

Each outdoor Journey is guided by the age of participant(s) and provides a wonderful opportunity to engage with the natural world, while they discover the life giving power that lies outside their door.

What To Expect —

The use of the Natural world helps guide our time together. You will learn tools and techniques to guide you in shifting your energy and releasing areas that no longer serve you. This will allow you to open to your true self! Each of the 5 Elements of Nature (•Fire • Earth • Metal • Water • Wood) will open you to various avenues of self-discovery. The techniques we teach have the ability to connect you deeply to the earth, the essential support and base that provides you with stability and trust, as you navigate your way through your journey. Each technique is individualized specifically for you and your needs. Some examples are drumming; earth breathing, walking barefoot or lying supine on the earth.

I will assist you in finding your unique way, back to your core essence, which allows you to tap into your own inner strength and power while honoring where you are on your journey. Each Journey is unique to the individual or group. It is common to start your journey with the Element of Fire by coming together in a ceremonial format. We make our way through this Element with the use of laughter by techniques that are found to evoke things about yourself that you love and things you may not. This helps you navigate a path to find more joy and creativity in yourself and/or may trigger areas that are keeping you from opening to a joy filled existence.

When you learn to engage with your highest self you are then able to connect with others and the readily available natural world from a place of delight and strength. Through this journey, you will come to know how and what you will need to allow your creativity, connection, and inspiration to come forward.

Age appropriate tools and techniques may include ceremony, journaling, art therapy, movement and music, which you can then take home and continue using throughout life. You will learn you are exactly where you need to be!

I may ask that a partner/spouse or friend come 30 minutes before the end of any group program so they may participate in the closing ceremony to assist in acknowledging the participant in their full essence.

I will also offer a follow up group that meets 2 weeks after our time together to allow space and time to go over anything you may have forgotten or may need some reinforcement. It also offers you a chance to re-engage the energy and follow up with a plan for a future **Sol Journey**. You will also have the option for more individualized work in private sessions if you so desire. I am most happy to answer any questions regarding my services and I also encourage you to express any concerns you may have.

In partnership for on your journey and with warm regards,

Regina

What to bring on Your Journey

- Clear intention for our time together
- Comfortable - boots/hiking shoes or wellingtons (*Sneakers are possible although areas can be muddy*)
- Layered clothing as one never knows- Hat/gloves if you run cold
- Water bottle
- A journal if you have one
- Leave yourself Open to every “thing” ... the possibilities are endless!