

Heart of the Vision Quest - Mini Retreat

With Jan Garrett & JD Martin

Saturday, August 26th, 2017 - 1:00-4:00 PM

\$35

Jan Garrett and JD Martin are multi-award-winning singer songwriters who live and create their music in the mountains of Colorado near Aspen. Both are seasoned performers, wise teachers, and compassionate creative guides who teach with a twinkle, and inspire by example.

Jan and JD have distilled their long-time experience with wilderness rites of passage and soul visioning into a potent format that can happen in any setting. In this 3 hour indoor workshop, participants will get a powerful taste of the essential vision quest experience (without having to camp, fast, or lug a 50lb backpack through the woods for 12 days).

It's all about whole-heartedness... soul retrieval through centering, mirroring, medicine wheel teachings, creating sacred space, and practicing the visioning process itself through time-honored traditions and creative exercises. Tuning into divine aliveness and guidance as reflected and embodied by the natural world, the insights and deep wisdom of nature are then brought back as a gift to renew and strengthen the community.

Even in this short amount of time, the beginnings of much deep and soulful evolution can happen when we create a welcoming and creative shamanic space.

Jan and JD's music winds through and supports all aspects of these gatherings, artfully weaving music and message with practical tools so the participants can continue visioning and receiving guidance long after the workshop has ended.