

# Nature-A Mirror of our Inner Self



## *A Nature Retreat*

### In the Beautiful Landscape of the Granby River

Come and encounter the secrets of the elemental forces of nature. In this week we are leaving our demanding lifestyle temporarily behind to experience both our inner landscape and nature around us. This enables us to discover who we truly are and we gently let go of old patterns that no longer serve us.

A camp in the forest is our home for 7 days. We explore our surroundings and enter into a deep partnership with nature. Nature becomes our sole teacher, who invites us to discover the inherent qualities of earth, rock, water, trees and air as archetypes within us.

Using the unique Halprin Life/Art Process, guided by Elisabeth Guentert Bay we reconnect with our Inner Self. With dance, movement, sound, drawing, creative writings and stillness we reveal what our hearts have experienced and create our personal rituals. A process wonderfully supported by the group.

Elisabeth Guentert Bay is a registered Expressive Arts Therapist BCATR with a MA in Psychology and Healing Arts. She graduated at Tamalpa Institute as a Halprin Life/Art Practitioner and Movement Ritual Teacher.

"It is my intent to combine arts and healing, in other words to awaken each person's creative energy for her/his own healing."

For more Information: [www.dimutara.com](http://www.dimutara.com) or email [e.healingarts@gmail.com](mailto:e.healingarts@gmail.com)