

This Is For You!

Join us and discover some of the most beautiful wilderness you have ever seen. Take the opportunity to open your senses to the brilliance of the bright blue sky against the emerald green trees, smell the fragrance of the cedar, and feel the oneness of Being with nature.

This three day backpack trip will afford you the opportunity to:

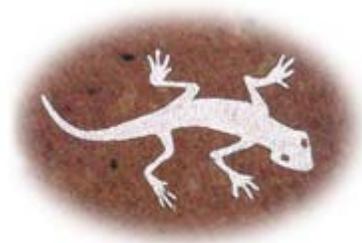
- ⊕ Experience living in harmony with our Earth
- ⊕ Basic camping skills – low impact wilderness camping
- ⊕ Map reading
- ⊕ Reading the land (topography)
- ⊕ Learn outdoor cooking skills
- ⊕ Wilderness safety and first aid
- ⊕ Identify animals, trees, stones and understand their sacredness
- ⊕ Flow walk – feeling safe with nature and natural landmarks
- ⊕ Basic fire making
- ⊕ Experience sacred ancient tribal wisdom that teaches us honor, respect, and sacredness of all life
- ⊕ Learn the way of the Native American fox walk, seeing with Soft Vision, and Being with Nature
- ⊕ Create a community of oneness with our sisters and brothers

The Goal...

..is to allow you to feel the serenity, beauty, and sacredness of being in nature in a safe, relaxed and peaceful way. Serene Wilderness Tours teaches practical skills for your outdoor experience.

Our professional instruction teaches hands on outdoor skill and guides each student to become confident and gain self reliance in the wilderness.

Complete equipment list is provided. Each program includes all food, permits, expert instructors and all the shooting stars you can count. Participants provide equipment and transportation to base camp.



Limited space so SIGN UP quickly!!

CALL TO REGISTER!

Carol Hannagan, MS
(916) 456-4377

Email: carol@sacred-journeys.com
Website: www.sacred-journeys.com



Sierra Backpacking Adventure

Experience the beauty, serenity, and joy of the wilderness. Learn practical outdoor skills from an expert.

Carol Hannagan, MS

Read Carol's new book! It's available on the Sacred Journey website:

*"The Sacred Journey – A Quest for Vision
Discovering the Soul's Destiny"*

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Additional Tours/Training:

Women's Sacred Circle; Men Sacred Circle; Vision Quest; Heart Focus Training; Shamanic Journey Training; Heart Focus Heart Wisdom Training; Wilderness Survival Training; Sedona, Lake Tahoe & Swiss Alps Hiking Tours.

Backpacking Made Easy!!!

We will take you to a beautiful part of the Sierra Nevada Mountains to experience the beauty, peace, serenity and joy that being in nature can bring YOU. Experience the expanded connection between you and the elements in a gentle and easy way. Gain confidence and freedom by learning the skills to enable you to BE with our Mother Earth.

Participants can choose from women only or co-ed depending on their preference. All classes are taught from a beginner's perspective and with honor, dignity and respect.

We will live on the skin of our Earth for four days. Come experience the magic of being one with the stars, the trees, the wildflowers, the water and All Our Relations. We will rejoice in fun, song and play in the Sierra wonderland, living in balance as Native Peoples have done for centuries.

Enrollment is limited so we can be gentle on the Earth and teach confidence and independence to all participants.

Register now!!!



Basic Backpacking Skills

Experts will teach you the best way to pack your backpack, adjust your pack and how to find a campsite. This basic course teaches the use of proper equipment, the skills required to read a wilderness map, reading the land, camp set up, fire making, outdoor cooking, and basic hiking skills to ensure a great time!

Wilderness Basics

Learn the basics of wilderness first aid, safety, accident prevention, treatment and how to adjust to weather changes. Receive full and complete equipment list for a safe and comfortable time in nature. Learn how to use this equipment and use nature's tools to survive in the outdoors, building independence and life saving skills.



Map Reading & Orientation

Learn how to read a wilderness map and feel completely comfortable on and off a trail. Experience from an expert how to read nature's road signs to determine your location. Take this opportunity to learn these skills so you will not be afraid in nature.

Tribal Wisdom

You will be taught how to listen, feel and see in a new and powerful way. Explore the way of the Native American, that of living in harmony with nature from the fox-walk, seeing with "soft focus," and listening to the quiet. Join us on this most popular part of the backpacking experience: that of being with our Earth Mother on a spiritual level. Feel the sacredness of all and the knowingness we are all one.

Tree and Plant Identification

Learn the usefulness of the trees, plants and animals from a Native American way of understanding. Learn the purposes, uses, sacredness and beauty of all that are in the wilderness.



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