

This Is For You!

Join us and discover the skills to survive in the wilderness under any conditions. Take this opportunity to learn from an expert so you may know the peace, harmony, and oneness of being on the land. Feel the oneness that Native Americans have known for centuries and that of Living In Harmony with the Earth.

This four day training will teach these outdoor survival skills:

- ⊕ Basic camping skills – low impact wilderness camping
- ⊕ Debris hut construction
- ⊕ Tree identification
- ⊕ Making cordage (rope) out of tree bark
- ⊕ Making snares, traps (no animals will be captured)
- ⊕ Making fire with bow drills
- ⊕ Animal identification – tracking skills
- ⊕ Learn the fox walk
- ⊕ Seeing with soft vision
- ⊕ Learn to read the land (topography)

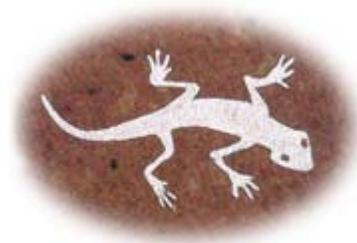


The Goal...

..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, materials, all the shooting stars you can count and expert instruction. 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



Sacred Journeys Survival Wilderness Training

Participants will learn the skills required to survive in the wilderness. Learn to make fire with a bow drill, debris hut construction, make rope from tree bark and track animals. Learn from an expert the skills to live harmoniously in nature.

Carol Hannagan, MS, Author

Read Carol's new book! It is 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; Backpacking Trips; Sedona, Lake Tahoe & Swiss Alps Hiking Tours.

Wilderness Survival Training

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. Learn hands on the skills needed to survive in the wilderness. Gain confidence and freedom of knowing you are self reliant to enable you to BE with our Mother Earth.

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 the animals. This is fun family event which teaches from a beginners perspective and with honor, dignity and respect. We will rejoice in the knowing we can live in balance as native people have done for centuries.



Debris Hut Construction

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

Register now!!!

Debris Hut Construction

Debris huts are a form of shelter made from logs, bark, pine boughs, pine needles and leaves to keep you warm, dry and protected from the elements. It is critical to have proper shelter to keep you warm and sheltered from the elements. We will determine the best location, secure the proper tools and construct a useable shelter. Each participant will take part in the construction to learn the essential elements of this critical part of survival.

Making Fire – Bow Drill Method

Fire making is a skill that is developed with critical techniques. One must know which trees, tender (kindling), cordage (rope), and fuel to use; and where to have your fire to secure it from the elements. Each participant will learn the fundamentals for making fire. Through these skills each person will gain a sense of confidence and self reliance.

Making Rope (Cordage)

We will identify trees which can be used to make rope – cordage. With expert instruction each participant will make their own rope from the inside of the bark from cottonwood, cedar or redwood trees. This cordage can be used to make snares, bow drills, or traps. Cordage is a critical part of survival on the land. It is easy as well as fun to make.

Reading the Land

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

“In 1996 while hiking in Desolation wilderness I got a leg cramp and slid over 2000 yards down a snow covered mountain, coming to rest next to a giant boulder. I could hardly walk and knew I was in serious trouble as I was over 5 miles from my car. I used the skills from this course and they saved my life! I built a debris hut, made fire and waited. Three days later I was rescued. This course literally saved my life.”

-Gram Standford

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