

LIVING WITH PEACE, POWER & PURPOSE

August 13-19, 2012
MOUNT SHASTA SPIRITUAL ADVENTURE RETREAT



Mount Shasta is one of the most sacred places on earth. It is a magical mountain which powerfully reflects back to us the Truth of who we are. Just being on or near Mount Shasta is awe inspiring and accelerates the spiritual awakening of all who come.

Give yourself the gift of a life-transforming spiritual adventure. Take a week to immerse yourself in the beauty and power of Mount Shasta.

You will return home feeling renewed and inspired about your life. You will be deeply connected with your True Power and Purpose and your inner guidance. You'll have the confidence that no matter what happens in 2012—and beyond—you can stand strong in the Truth of who you are and be a beacon of peace for those around you.

During your week in Shasta, you will:

- *Take daily hikes to powerful places on and around the mountain.
- *Experience guided and silent meditations at various vortex spots.
- *Recharge and cleanse by swimming in mountain lakes.
- *Visit a magical waterfall surrounded by fairies who will help your dreams come true.

- *Open your body to the gifts of the mountain through gentle yoga classes
- *Shift core beliefs and heal old fears through the breakthrough *alternation* method
- *Visit Stewart Mineral Springs to immerse yourself in some of the most powerfully healing waters on this planet followed by a dip in a clear mountain stream.
- *Receive the benefits of a private life/spiritual coaching session
- *Take a vision quest hike to your personal power spot and receive inspiration for your next steps.

Your guides will be Andrew Oser and Patricia Varley.

Andrew can guide you to peaceful places on the mountain and in yourself and to build a bridge from your glorious Shasta retreat to rest of your life. Andrew is an author, coach, entrepreneur, former nonprofit CEO, and Princeton graduate. He brings great joy and passion to leading Shasta retreats, which he's done since 1982.

"After more than 20 years of intense spiritual exploration with teachers, gurus and guides from all over the world, you have been the one who has fully opened the door for me and shown me the way home. My life is changed forever!" Andrew Zenoff

As an International Speaker, Trainer, Retreat and Workshop Facilitator, Author, and Business & Personal Coach, **Patricia** focuses on integrating professional, personal and spiritual growth. As a certified Edgewalker Facilitator, Coach and Seminar Leader, she guides and supports others in transitioning between mainstream business culture and what is evolving on the planet at this transformative time in history

Andrew and Patricia are dedicated to making this a truly life-changing experience for you. We will be available to make sure all of your goals for the trip are met and that you are comfortable and safe all along the way. We will be with you throughout the week, lovingly guiding you along the hikes and other powerful experiences mentioned above.

We have arranged accommodations for you at in the delightful town of Mt. Shasta City within easy walking distance of a health food store, restaurants, shops and galleries .

Andrew and Patricia will guide you and provide all the services described above for only \$777 if registered by April 15 (\$888 if registered by 7/1 and \$999 after that). You are responsible for your own air and ground transportation, accommodations, and meals.

Daily itineraries will be custom-tailored for the group based on the physical condition of participants. Options for easier and more challenging hikes will be provided. August is an ideal time to visit Shasta, with warm sunny days and cool, refreshing nights.

Space is limited, so please sign up now for this one-in-a-lifetime spiritual adventure!

To register or for info, contact Andrew at adoser777@yahoo.com or 760-525-4512.