

Northern Rites



SPRING WILDERNESS QUEST

APRIL 15-17, 2011



A wilderness quest or *vision fast* is a ritual in which a person spends solo time in nature in order to gain clarity, insight, or “vision” about some area of their life.

Many people quest in order to help resolve personal crises, heal emotional wounds, renew themselves spiritually, or find a greater sense of direction or purpose in life. A common theme is the passage into a new stage of life, such as adulthood, parenthood, elderhood, or divorced.

This weekend wilderness quest will be held north of Dalhousie Lake, near McDonald’s Corners, and led by Andy Fisher, PhD, and Jill Dunkley, MES, of Northern Rites.

You will experience three phases:

PREPARATION

Where you focus your intention for questing. Includes a group meeting held 2 weeks before the quest.

SOLO

The heart of the quest: an 8-hour wilderness solo.

INCORPORATION

Where you share to the story of your wilderness experience and have it honoured by a circle of “elders” composed of the other questers.

*Spaces are limited.
Cost is \$350 plus HST.
Includes accommodation.
Food is group organized.*

Andy is a Perth-based psychotherapist and leader in the field of ecopsychology. He has been on numerous quests himself and trained at The School of Lost Borders as a vision fast guide.

Jill brings her love of wild nature, personal questing experience, and skills as a yoga therapist to her work as a leader of this wilderness rite.

Andy and Jill are both members of the Wilderness Guides Council, and have been leading quests at this location every spring and fall since 2003.

Further Information

An information meeting will be held on Friday March 11 at 6:30 pm.

For further details, call Andy at 613-268-2531 or Jill at the Yoga Connection, 613-268-2364, or email us at andyfisher@xplornet.com.