



## RETURN TO THE ELEMENTS: BEING NURTURED IN NATURE

(A 3-DAY outdoor experience with)  
**Jeremy Youst and Jim Morningstar**  
July 31 – August 1, 2, 2009

**Is it time for you to take a break and reconnect  
with the deep healing elements of nature?**

Join us as we return to our essential nature, living as a group for three days and two nights close to the earth. **Fire, water, earth and air will become our friends** - we shall engage in ceremony with teachings and a purification lodge that will assist us in blending the joy of being in nature with the paths of our spiritual growth. The high energy of coming home to the safety of Mother Earth and the freedom of Father Sky shall uplift our hearts, bodies, minds and souls.

We will expand our senses and nurture ourselves with grace, ease and pleasure - a total vacation for the body, mind and spirit.

Broadwing Breath Center, Spofford, NH  
Meals are provided. Tent and camping equipment required.

**FEE:** \$375

For more information or to register contact Jeremy:  
603-363-4331 [jeremy@powerofbreath.com](mailto:jeremy@powerofbreath.com)  
(\$100 non refundable deposit required to hold your place)



**Jeremy Youst** has been empowering individuals and groups through transformational journeys for over 30 years. In 2001 he co-founded The Power of Breath Institute and in 2005 was appointed to the board of the International Breathwork Training Alliance. Besides conducting empowerment and internationally recognized certification trainings, Jeremy maintains a private practice offering personal intensives as well as sacred ceremonies in Spofford, NH USA.



Jim Morningstar, Ph.D. is a seminar leader, psychotherapist, breathwork trainer, AND nature enthusiast. He has been the Director of Transformations, Inc. and the Transformations Breathwork Training Program for over 25 years, is the co-director of the International Breathwork Training Alliance.