

# Welcome to the Women's Canyon Quest *Dancing Between the Worlds!*

**May 15-21 and October 2-8, 2022**

**This Quest is offered by *Inner Weave Life Journeys.com***

*Join us for an empowering life time experience!*

*Retreat into the remote canyons of the southwest and deepen your connection with nature.*

*Engage your body and spirit and dance with the healing rhythms of the Earth.*

*Go inward and reflect on your 2-day solo quest.*

*Transform your life path with renewed clarity and purpose.*

**We are looking forward to having you join our small group of women on this empowering journey.**

- Connect with nature and self as we practice awareness through movement and meditation.
- Backpack into the remote canyons and explore the ancient landscape.
- Embody the elements of nature through dance and sound healing.
- Reflect and receive guidance through shamanic journeying.



**Lenore Anderson** is your Canyon Quest guide with over 25 years of experience as a teacher, wilderness leader, and mentor of nature awareness and natural healing therapies. She is a professional canyoneering instructor and is certified in wilderness first aid.

***Dancing Between the Worlds*** is facilitated to support each women to focus on their specific intentions according to needs and personal life choices. We work with you to create, encourage and support your transformative experience.

*We look forward to answering your questions and discussing your preparation for this adventure.*



**Lenore Anderson**, M.Ed. Life Journey Guide and Holistic Health Coach. MA. Consciousness Studies. Mindfulness Meditation Teacher, Wilderness Guide, Herbalist, 5 Element Acupressure Bodyworker.

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## Creating an Intention for your Quest

***Dancing Between the Worlds*** is all about supporting your intention for opening to change and transformation in your daily life/world, with wisdom from your inner world. Getting clear about your specific intention(s) will create a more powerful experience that focuses on your personal goals, vision, desires, and dreams for creating a life that is filled with clarity, fulfillment, and purpose. Take some time to reflect, meditate and/or journal writing to clarify your intentions for this quest. What is it that you wish to shift and change in your life? What do you want and how do you want to receive it? What support do you need to create changes? The Canyon quest will support you to deepen your insight and activate a shift toward manifesting your goals. We will encourage you to continue the practice of accessing your inner wisdom when you return home.

### For more information and to register go to:

[www.innerweavelifejourneys.com/workshops-and-retreats](http://www.innerweavelifejourneys.com/workshops-and-retreats)

- Space is limited as we are a small group of 8-10 women, ages 18 and up.
- Tuition for the Quest is \$1,200 and includes leadership, outfitter and guide permits, program liability insurance, food, group camping equipment and round trip transportation from Durango to the program site in Utah.
- A non-refundable deposit of \$300 is required to secure your place in the group.

**Health & Safety:** Enrolling and participating in the *Women's Canyon Quest* is a choice that you must take full responsibility for. When committing to a week long backpacking trip in the remote canyon country you must be in good to excellent physical health. You will be backpacking less than 3 miles a day. In order to attend the quest you will be required to complete a detailed medical form and sign a liability waiver with a clause regarding COVID protocol.

It is your responsibility to monitor your health conditions and to be confident that you are arriving to this program with no COVID symptoms and that you are aware of not having been exposed prior to the trip. We will follow the current protocol for mask wearing in public buildings including airports, restaurants and visitor centers. Mask wearing is optional when traveling in vans and during the program.

**Emergency Information:** *Inner Weave Life Journeys* is a permitted, backcountry outfitter with a detailed emergency plan to handle any accident, illness or injury that may occur during our trips. If you have any physical or mental health concerns please describe them on your medical form in your application.

When you're registration is complete and you are paid in full, we will send you detailed information about how you can be reached in case of an emergency back home. There is no cell service in the canyons. If you need to be reached during the program the process would involve contacting the Bureau of Land Management office in Monticello, UT. A ranger would have to hike to our campsite to give notice of an emergency that needs your immediate attention. One of our staff would hike with you to the trail head parking area and drive you to where you can access phone service.

### Planning your trip to the Southwest.

Before or after your the quest you may want to plan to see some of the ancient sites in the 4 Corners region of the Southwest. The area is rich in diversity of canyon and mountain environments.

- Mesa Verde National Park, CO.
- Chaco Culture National Historical Park, NM.
- Durango to Silverton Narrow Gauge Railway, mountain train ride, Durango, CO.

# *Dancing Between the Worlds*

## **7 Day Quest Itinerary**

[www.innerweavelifejourneys.com](http://www.innerweavelifejourneys.com)

### **Day 0.**

- **Plan to arrive in or near Durango, Colorado. Please call if you want to discuss plans.**
- Airport options: Denver CO. (DIA) to Durango, La Plata (DRO) or the Cortez airport.
- Albuquerque, NM. (ABQ) to Durango, La Plata (DRO) or the Cortez airport.
- Dallas, TX. to Durango, LaPlata (DRO).

### **Day 1.**

- You are welcome to drive your own vehicle or your rental car (all wheel or 4 wheel drive).
- 8 a.m. Pick up participants in Durango. 9 a.m. pick up in Cortez, 11 a.m. in Blanding, UT.
- Drive to the canyons in Southern Utah.
- Lunch and packing packs.
- Hike to the edge of the Canyon, letting go ceremony.
- Descend into the canyon and camp. Evening sharing of intentions and goals for the Quest.

### **Day 2.**

- *Each day we will practice meditation, prayer and movement.*
- Backpack and explore the canyon landscape and discover signs of the ancients.
- Arrive at our base camp and begin, *Dancing Between the Worlds.*

### **Day 3.**

- Solo Quest, Day 1. *Your time to be alone in deep reflection, accessing your inner wisdom and guidance toward the fulfillment of your whole Self, your life purpose and place in the world.*

### **Day 4.**

- Solo Quest, Day 2.

### **Day 5.**

- *The Return & Integration. Shamanic Journey*
- *Dancing Between the Worlds.*

### **Day 6.**

Backpack to the first campsite.

Shamanic Journey, transference into the world, expressing our gifts and our power.

### **Day 7.**

- 9 a.m. Hike out of the canyon.
- Closing ceremony & Lunch.
- Drive to Durango. Arrive around 4 p.m.