



**RETURN TO THE ELEMENTS: BEING NURTURED IN NATURE**  
**(A 3-DAY outdoor experience)**  
With JEREMY YOUST and JIM MORNINGSTAR  
**June 26-28, 2018**

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

Join us as we return to our essential nature, camping as a group for two nights on the earth. Fire, water, earth and air will become our friends; we shall engage in ceremony with teachings, purification rituals and breathwork with the elements 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 is indescribable. We will expand our senses and nurture ourselves with grace, ease and pleasure - a total vacation for the body, mind and spirit.

No outdoor expertise is required.

**WHEN:**

June 26-28, 2016, Tuesday afternoon 5 pm through Thursday afternoon 2 pm

**WHERE:**

Devil's Lake State Park (north of Madison, WI)  
Lunches and dinners provided. Tent and sleeping equipment required.

[Maps and park information click here](#)

**FEE:** \$335; Reviewer: \$285 (\$100 non refundable deposit required to hold your place)  
Call 414 351 5770 or [jim@transformationsusa.com](mailto:jim@transformationsusa.com) for information or to reserve

**Please Note: this workshop is limited to 12 participants and will fill up fast.**



**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 Global Professional Breathwork 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 and Native American pipe carrier. He has been the Director of Transformations and the Transformations Breathwork Training Program for over 30 years, and is the co-director of the Global Professional Breathwork Alliance.