

Wild Yoga on the Franklin River

with *Rebecca Wildbear*



March 3 – 12, 2019
Yoga • Raft • Soul Journey
in Tasmania, Australia

A river soul journey that combines yoga, dreamwork, conversations with the more-than-human world, deep imagination, and a rafting trip on the Franklin River.

Soul yearns to feel the rhythm of the river's song. Living in river consciousness, what will stir in your imagination?

The river follows the natural pull of gravity as it flows over, around, and through the quartzite and limestone gorge. What moves you?

On this 10-day journey, you'll awaken your wild animal body and be invited to enter the underworld river of your own life and open to non-ordinary ways of perceiving. Immerse yourself in the presence and wisdom of the river and surrender into the heart of your own particular way of belonging to the world.

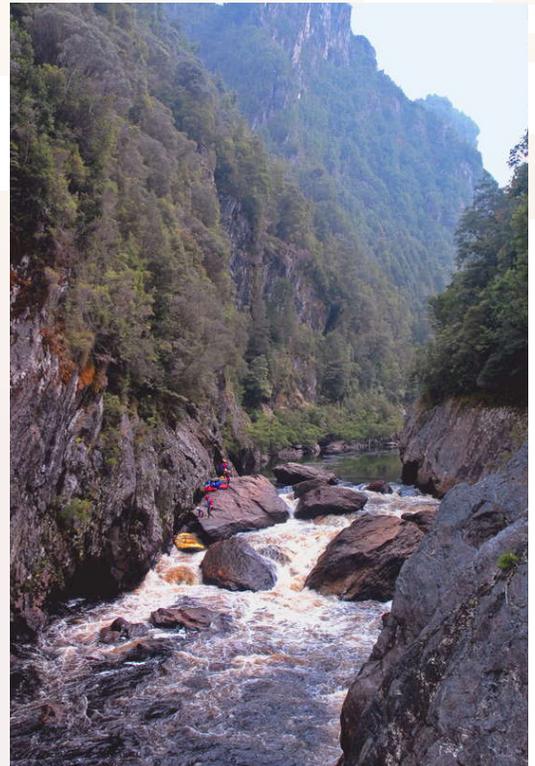
Enter into a deep love affair with yourself as you float through this ancient and majestic river canyon and root yourself in relationship with the animate, natural world. Discover life-altering glimpsers of your greater purpose, unique artistry, and role in the larger Earth community.

www.rebeccawildbear.com



Rebecca Wildbear, M.S.

Rebecca is a river and soul guide, compassionately helping people tune in to the mysteries that live within the wild Earth community, Dreamtime, and their own wild Nature. She gently ushers people to the underground river of their greater story, so they may surrender to their soul's deepest longing and embrace their sacred gifts. A therapist and wilderness guide since 1997, Rebecca utilizes her training and experience with yoga, meditation, Hakomi, and somatic psychotherapy to support individuals in discovering and manifesting their soul gifts. Rebecca is the creator of Wild Yoga™, a sacred way of breathing and moving, aligned with Earth and Soul.





*God picks up the reed-flute
world and blows.
Each note is a need coming
through one of us
a passion, a longing-pain.
Remember the lips
where the wind-breath
note originated,
and let your note be clear.
Don't try to end it.
Be your note.*

— Rumi

Through a variety of modalities, we'll open our sensory body, explore our dreams, and listen deeply. We'll engage in sacred ceremony, council, creative movement, and soul poetry.

There'll be a daily playful, gentle, and invigorating morning asana practice, which welcomes all levels of physical ability. Each person is encouraged to listen to their own body's calling.

Join us and deepen into river consciousness and your unfolding soul story!



Flowing Down the Franklin River

From its source high in the mountains of central Tasmania, the Franklin River weaves a course through the Franklin-Gordon Wild Rivers National Park, situated in the heart of the Tasmanian Wilderness World Heritage Area. West of Hobart, there are no settlements along its bank and no farms in its catchment. Its waters still run as pure as they did when the Tasmanian Aboriginals first arrived.

One of Australia's iconic rivers and a vital part of Tasmanian history, it was first run by a pair of canoeists in 1958; today fewer than 500 people attempt it each year. We'll put in at Collingwood River and finish at Sir John Falls on the Gordon River.

We will encounter surging rapids, exciting whitewater, tranquil gorges, and pristine, temperate rainforests of myrtle, leatherwood, sassafras, and rare and ancient Huon pines, and quite possibly native wildlife, such as platypus, wallabies, quolls, yellow-tailed black cockatoos, and white-breasted sea eagles. We will pass by dozens of ancient caves with fossils, once inhabited by Tasmanian Aboriginals some 20,000 years ago.

It's a miracle this river still exists! Over a quarter century ago, people successfully protested the plan to build two dams; a non-violent blockade was organized by the Tasmanian Wilderness Society, led by Bob Brown.



COST: \$3280 AUD

TO REGISTER:

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