

Elemental Symphony, A Celebration of Nature's Song
Carriage House —119 South Main Street. Deerfield, Wisconsin, 53531
Kathy Milanowski, Beautyofcompassion@gmail.com 425-220-5283
Saturday, July 27th, 9:30 am to 4:00 pm

Elemental Symphony

Embracing the Elements in the Summer months is inspired by the timeless elements of Earth, Air, Fire, Water, and Ether. It is designed to rejuvenate your spirit, nurture your body, and ignite your creative potential. We will honor all the elements throughout the day. Here is our schedule layout. Please dress with the weather. If the schedule changes, you will be updated.

- ❖ 9:30 am Check-in at **Aztalan State Park**, Celebration of Air and Earth
 - **First Location:** Aztalan State Park, N6200 County Rd Q, Jefferson, WI 53549.
 - Join us at the parking lot. I will be there at 915am.
 - To get there, turn into the park and follow the road until you can not go any further and reach a large parking lot. Please use the restroom before you get to the site.

- ❖ 10:00 am - Welcome & Invocation
 - Sacred Mound is an easy-going medium hill to climb

- ❖ 10:30 am - Overview, circle introduction

- ❖ 11:00 am - Forrest Bathing: Exploration with our Senses,
 - Group expedition, easy-going exploration.

- ❖ 1:00 pm - Lunch: **Tyranena Park, Celebration of Water**
 - **Second Location,** Tyranena Park: 1200 W Madison St, Lake Mills, WI 53551
 - Enjoy a picnic-style lunch by the water celebrating this element.

- ❖ 2:30 pm - Journey/Guided Meditation, Celebration of Ether, and Fire
 - **Third Location,** Carriage House/Wisconsin Reiki Center 119 S Main Street. Deerfield

- ❖ 3:30 pm - Fire Ceremony and Closing

- ❖ 4:00pm - Checkout

The Healing Warrior, by Kathy Milanowski

Servitude to the Earth and all its beings can be a heart-opening, blissful, freeing state of consciousness. As we grow with this, we connect to tools and techniques that will recharge, refresh, and revive us. We learn a valuable lesson: We are critical and loved deeply. We must learn to do our self-care. For me, this is the state of the healing warrior.

Trail walks & other outdoor excursions; wear comfortable, feet covered: walking shoes/boots. Dress according to the weather. Please always check yourself for ticks and other tagalongs.