

What is a "Heart Quest"?

Today, in this busy world, we are woefully disconnected from our hearts...what we long for, what we feel, what we *know*. A "Heart Quest" provides the opportunity to re-connect to your heart while immersing yourself in the natural world. There is a relationship here...our connection with heart and our connection with nature are related.

The Natural World will guide you, hold you and challenge you as you fall longingly into your heart center.



Heart Quest September 23-26

This 3 night wander is an opportunity for you to spend time in a beautiful setting in nature, walking the land, listening to the wild and tending your heart. This is an all-camping event, with all meals provided. A solo night option is available, taking your tent into the landscape and spending 24 hours alone in solitude to dive deeper into your heart space.

The focus of our time will be on your individual experience of being in nature, and sharing with the community as a way to ground the experience. This event will take place in the beautiful setting of Abundance Summit, a small retreat center in the foothills of NC, near Crumpler. Access to a yurt and bathhouse make this re-acquaintance with the Natural World as gentle as needed.

This event is open to all adult heart-seekers, both men and women.

Guides: Amanda Zabel and Nancy Petrik

Guide Fee: \$300

\$275 before August 23rd

To register, send non-refundable check made out to "Amada Zabel" for \$175 to:

**Amanda Zabel
301 Brookstown Ave. Suite 500
Winston-Salem, NC 27101**

This is not a therapy event...though it is designed to be therapeutic. We will allow the natural world to nurture and hold us in the exploration of our hearts.

**Lodging: You will provide your own tent. (if needed Abundance Summit has tents to loan)
All simple meals will be lovingly prepared for us.**

**Location: Abundance Summit Crumpler NC
www.abundancesummit.org**



Amanda Zabel is a Licensed Professional Counselor whose love of the earth and the potential of the human spirit inspire her to lead workshops and retreats in nature, provide individual and group counseling, and to coach those who want to move forward in their lives. Amanda utilizes traditional therapy tools, guided imagery, ceremony, experiences in nature and energetic clearing to remove obstacles to growth and personal evolution.

To gain some insight into Amanda's work, please feel free to explore the following websites that she is affiliated with:

www.animas.org

www.utue.org

www.co-creativeevolution.com

www.abundancesummit.org



Nancy Petrik's deep connection to the Earth started as a little girl who took "mystery trips" lead by her Father...It didn't matter if it was to the local playground to watch squirrels, to the "wilds" of the metro park, or to the mysterious farms of the Amish. She has since nourished these girlhood adventures into a romance with the mysteries of the Earth through her work with Animas Valley Institute, Durango CO and The Center for Inner Knowing, Atlanta GA. Nancy successfully blends both the natural world and the business world standing as a beacon of possibility in her work as a marketing consultant.



Abundance Summit

For more information contact:

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