

MOUNT SHASTA SPIRITUAL ADVENTURE RETREAT

September 25-October 1, 2011



Mount Shasta is one of the most sacred places on earth. It is a magical mountain which powerfully reflects back to us the Love that we are. Just being on or near Mount Shasta is awe inspiring and accelerates the spiritual awakening of all who come. Many visitors connect deeply with their Higher Self/God (however they relate to the Divine) and with Jesus, St. Germain and other masters. Being on the mountain, people often receive fresh, clear visions for their lives.

Give yourself the gift of a life-transforming spiritual adventure. Take a week to immerse yourself in the beauty and power of Mount Shasta. Experience deep meditations at sacred spots which amplify your focus and prayers. Enjoy hikes with breathtaking views and relaxing swims in pristine alpine lakes. All of this can be yours this September. Choose to join us to further your journey of awakening and healing.

During your week in Shasta, you will:

- *Take daily hikes to powerful places on and around the mountain.
- *Experience guided and silent meditations at various vortex spots. New moon and sunset meditations.
- *Recharge and cleanse by swimming in mountain lakes.
- *Visit a magical waterfall surrounded by faeries who will help your dreams come true.
- *Open your body to the gifts of the mountain through gentle yoga classes

*Receive a channeling from Diane Robbins, author of *Telos*, a popular book which describes the remnants of Leumarian civilization in Mt. Shasta

*Shift core beliefs and heal old fears and pain through the breakthrough *alternation* method

*Visit Stewart Mineral Springs to immerse yourself in some of the most powerfully healing waters on this planet followed by a dip in a clear mountain stream.

*Receive the benefits of a private life/spiritual coaching or healing session

*Take a vision quest hike to your personal power spot and receive inspiration for your next steps.

Your guides will be Andrew Oser and Shana Amend.

Andrew has hiked and camped extensively on Mt. Shasta since 1978. He deeply loves and respects the mountain and is passionate about helping visitors from around the world to discover its gifts. Andrew is an expert in experiential learning, having created and facilitated a wide variety of programs which have served many thousands of people.

A summa cum laude graduate of Princeton University, Andrew brings a wide range of experience to his current life coaching and retreat facilitation work, including starting and running a successful nonprofit organization, serving as a top-flight professional tennis coach and exploring many approaches to personal and spiritual growth. He is the author of the recently released book *How Alternation Can Change Your Life*. For more info, see www.summitcoachingservices.net

Shana is an amazing being who seamlessly bridges the spiritual and material worlds. She does healing work in Munich and comes frequently to Shasta to enjoy the energies of the mountain. She works part-time as a flight attendant for Lufthansa, sharing her pure energy with passengers from around the world. Shana has a gift for putting people at ease and helping them to open deeply to the Love that they are.

Andrew and Shana are dedicated to making this a truly life-changing experience for you. We will be available to make sure all of your goals for the trip are met and that you are comfortable and safe all along the way. We will be with you throughout the week, lovingly guiding you along the hikes and other powerful experiences mentioned above. Shana will provide translation of Andrew's guided meditations and talks into German for those who need it.

To make your trip as easy and comfortable as possible, we will provide information and support in planning your travel. We will assist you in coordinating ground transportation with other participants. We have arranged accommodations for you at a cozy, B&B

within easy walking distance of a health food store, restaurants, shops and galleries in the delightful town of Mt. Shasta City.

Andrew and Shana will guide you and provide all the services described above for only \$850. You are responsible for your own air and ground transportation, accommodations, and meals.

Daily itineraries will be custom-tailored for the group based on the physical condition of participants and the weather. Options for easier and more challenging hikes will be provided. Late September is an ideal time to visit Shasta, generally with mild sunny days and cool, refreshing nights.

Space is limited, so please sign up now for this one-in-a-lifetime spiritual adventure!

To register or for more info, please email Andrew at adoser777@yahoo.com or call him at 760-525-4512.