

Welcome...The Path Forward

Thank you for your deposit and workshop registration. We look forward to working with you and sharing a rich and wonderful journey together.

Within this Welcome Letter you will find:

- ✓ An overview of the Workshop at Circles of Air and Stone
- ✓ Information regarding any preparation required for your upcoming Workshop
- ✓ Information on what to bring, directions, travel, food and lodging**

**Please note that this information is available anytime on our website www.questforvision.com in the program tabs

Our gathering will be held at the Anahata Retreat Center in Floyd, VA. Directions are included in this welcome pack and on our website in the program tab.

The weekend will begin at **7:00 PM on Friday** and will end at approximately 1:00 to 1:30 PM on Sunday. We recommend that you arrive early, to relax, unload whatever you've brought, walk the land, meditate and settle in so that we will be able to start promptly at 7:00 PM.

Details regarding the Workshop preparation (pre Skype calls) and follow up support along with what to bring to share in holding sacred space and rituals is provided below.

We look forward to working with you and sharing a rich and wonderful journey together.

Blessings,

Sparrow Hart

If you have any questions concerning transportation or accommodations, feel free to call (802) 387-6624 before 10 pm or Email: COASRegistrar@questforvision.com



Overview: Workshop – The Path Forward; An Invitation to Adventure for Young Adults

“One day you finally knew what you had to do, and began...” ~ Mary Oliver

Historically, all cultures have created rites of passage, some form of severance in which the adolescent bids goodbye to dependency in order to fully become an adult.

This Call to Adventure is for young men and women – age 20-35 — ready to discover their own path and truths, encounter what’s authentic and alive within them, and realize a sense of themselves outside of our culture’s view of who they should be.

The weekend is for those wanting to fully claim and embrace their strength, and move forward in their lives with a sense of personal vision, power and authenticity.

What do you really long for and need?

Self-love or self-acceptance?

A sense of your own worth?

The feeling you belong and have something to give?

(... or just a convenient parking space?)

This weekend explores what it means to live **heroically**. We’ll look at the hidden ways we’re still imprisoned by other’s views of who we should be and how these stories express themselves in our lives.

With the help of fierce truth-telling, psychodrama, and evocative ritual processes, we’ll cut the cords that hold us to an older (and perhaps still adolescent) view of the world, breaking free of any victimhood or the superficial and soul-deadening roles our culture lays out for us.

“You must learn one thing — the world was made to be free in... Anything or anyone who does not bring you alive is too small for you.” ~ David Whyte



Preparation and Follow Up for “The Path Forward”

We would like to have a Skype or Zoom conference call before the weekend. This will help us meet, get to know one another a bit, and hear the intentions and longings that people are coming with. We'll do our best to schedule that once we have a good sense of who will be joining us.

By late May we'll also do our best to share the names, locations and contact info for participants in the event you want to share information, rides or transportation.

We would also like to schedule one or two Skype or Zoom calls after the weekend. When we speak about “The Path” ahead, it implies several things – movement, a in a direction, a journey toward a destination, etc.

During the weekend, our work will address identifying, visioning, and committing to walk our authentic path. But the actual steps along that trail happen “at home,” after we leave and re-enter our daily lives. And there, we may not find a circle of allies or that same sense of support that we share on the weekend.

The post-weekend calls will be a chance to speak, share, and get support – inspiration, mentoring, encouragement, or just listening – from those who are our allies in the quest to continue the journey and move forward in our daily lives.

Soon after the weekend is over, we'll send around a “Doodle poll” to find times that work best for these calls.



Workshop: The Path Forward

What to Bring:

A writing pad, journal, pen

We will create a central “altar”. You are encouraged to add your energy to that space by bringing any sacred or ritual objects that hold special meaning for you.

Drums, rattles, pictures of loved ones, and musical instruments are also encouraged.

We also ask that you bring with you 1. an item that symbolizes or expresses something you want to say goodbye to or put behind you, and 2. a poem, reading, or song (live or taped) that expresses the point that you are at in your life.

Bring comfortable clothing appropriate to the season and expected weather. We will be spending some time outdoors. Rain gear is recommended. Bring bug spray if you are concerned.

Personal toiletries, a tent, sleeping bag and pillow if you are camping. If sleeping inside please bring either a sleeping bag and pillow or bedding.



Workshop: The Path Forward

Directions:

Anahata

811 Dobbins Farm Rd. NE, Floyd, VA 24091

Aka – 144 Anahata Circle, Floyd, VA

Cell Phone: **571-422-3024** (Kathryn) or **540-529-1588** (Luke)

Please review and print these out for ease of finding Anahata - especially the first time and after dark! This is a rural area, and while WAZE or GOOGLEMAPS on a Verizon phone work well, other systems may mislead, and sometimes fail -- so have the paper or digital back up on hand.

But, please DO NOT go onto Roger Road (it leads to a river) and DO NOT go to Dobbins Hollow in Pilot, VA.

*Dobbins Farm Road, is gravelly and windy - take your time and go carefully! Your navigation will generally tell you 'You have arrived' a little too early on Dobbins Farm and follow instructions below.

From I-81 take Exit 114 for Route 8 South into Floyd – go 20 miles south on Route 8.

You will come to a **stoplight** at the intersection of Route 8 and Route 221 - the only stoplight in Floyd County.

Turn left onto 221 North, called Main St and then Floyd Highway.

Go north on Route 221 for about 6 miles. Passing a red brick church (Little River Baptist) on the left, you'll then cross the bridge over Little River.

Turn left (across from Bethlehem Hardwoods) onto Bethlehem Church Road (Rt 679) and proceed for 2.7 miles.

Turn left on Red Oak Grove Rd. (Rte 684), and follow it for 0.5 miles.

Turn left on Dobbins Farm Road and proceed on it about 1.3 miles.

Continue on Dobbins Farm Rd past a sky-blue mailbox with sunflowers on the left (and a driveway with bright blue house).

Descend a little hill. When you see a green street sign in front of you for "Anahata Circle," that is the driveway.

Turn left into the driveway. Drive downhill until you see signs for "Celebration Space."

Turn right and park near the big house, garage and greenhouse.

Enter through the front porch.

It will be open for you, and someone will be there to meet/greet you.



Workshop: The Path Forward

Food:

Our meal plan will be somewhat flexible to accommodate the timing of the various exercises and activities we will do this weekend, but it will look something like this:

Friday evening: no meal, but snack food will be available.

Saturday morning will include coffee/tea/light snacks early, followed by Brunch around 10:30 AM.

Dinner will be the other major meal of the day, and could occur as early as 6:00 PM or as late as 8:00 PM depending on our work together. Some snacks will be available, but you may want to bring a few of your own if you're concerned about maintaining your energy through the afternoon.

Sunday morning we will provide Breakfast first thing, after which we will clean up and finish our work.

Volunteers who chip in with set-up and clean-up are welcome.

Lodging:

Anahata has over 35 beautiful acres with forests and riverfront areas. For sleeping, there are both camping and indoor overnight spaces. The land includes a dozen tent spots with picnic tables and outdoor showers. Bring your tent and bedding if you want to sleep outdoors or be down by the river. If you choose to sleep inside, bring your own bedding.

