

# THE ECSTASY OF SOUND & SILENCE

## WOMEN'S MUSIC & WILDERNESS RETREAT

WITH JENNIFER BEREZAN AND JILL PANGMAN

### IBEX RIVER VALLEY, YUKON

7 DAYS (SEPTEMBER 14 - 20) \$1580

Join us for this exploration of the sacred - through sound and silence - as we allow music, along with the forces of wild nature, to open our hearts, and connect us to our source. Through exploring the wilderness on foot, by having time to be in silence in this vast landscape, and through engaging in music as spiritual practice, we can journey on a path to our own deepest natures and encounter states of wisdom, gratitude, deep peace, and healing.



**Jennifer Berezan**, Canadian-born singer/songwriter, teaches music as spiritual practice at the College of Integral Studies in Berkeley, California. A unique blend of singer/songwriter, teacher and activist, Jennifer's lifelong involvement in environmental, women's and other justice movements as well as her interest in

buddhism and earth-based spirituality are at the heart of her writing. CDs include *Praises for the World* (performed as a multi-cultural ecstatic musical event) and *Returning* (recorded in an ancient Goddess temple in Malta). [www.edgeofwonder.com](http://www.edgeofwonder.com)

**Jill Pangman**, owner/operator of Sila Sojourns - Wilderness and Creative Journeys, has 25 years of experience as a wilderness guide, outdoor educator, naturalist, and conservationist. She recognizes the capacity of wilderness sojourns to rejuvenate and inspire, and to deepen our connection to the natural world as well as to ourselves.



Check  
[www.silasojourns.com](http://www.silasojourns.com) for  
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