

# DESERT VISION QUEST & KUNDALINI YOGA NOVEMBER 17-19, 2023



**Nature Mysticism** is accessed through expansive nature, silence and fasting, where the subtler dimensions of nature become evident and compellingly resonant. A deeper connection to our living Mother Earth is renewed as a source we are intrinsically part of and our ultimate source of support.

**A Vision Quest** is a time out, a time away to quest or seek guidance on a pressing issue in one's life. It includes shamanic meditations, time alone, silence, some version of fasting, yoga, an immersion in vast nature, support in facing one's fears and projections onto nature, and integration via writing & ritual. 2 coaching sessions, before & after, will also support you.

**Kundalini Yoga** on a Vision Quest, uses gentle movement, mantra, meditation, and the breath, to purify, physically and emotionally, to reset the nervous system and develop energetic and physical resilience. We increase our capacity to nourish ourselves with subtle life force energy.

**The Waxing Moon** supports expansion and support for stepping fully into the creative projects most calling us. It catalyzes creative solutions to challenges for our growth.

**Cyntha Gonzalez** has led vision quests for 24 years in the UAE and Oman, is a certified Kundalini Yoga teacher and more. For her videos, articles and podcast on vision quests: [www.cynthagonzalez.com](http://www.cynthagonzalez.com)

**Where:** **Nov 17-19, 2023** in the UAE's Empty Quarter sand dunes.

**Bring:** Tent or bivvy bag, sleeping bag, mat and more details upon enrollment. Cyntha can lend certain items.

**Contact:** [cyntha@cynthagonzalez.com](mailto:cyntha@cynthagonzalez.com)

**Fee:** 5200 AED. Includes operators' costs, 3 days facilitation, water, food, supplies, and 1 pre & 1 post-coaching session.

**Deposit:** 2000 AED. Pay in full by Oct. 18, 2023. 50% refund until Oct. 31. More T&C upon enrollment.

# VISION QUEST & KUNDALINI YOGA DETAILS



## ITINERARY

**Nov 17 @ 7am.** Meet in Cyntha's garden. Opening Circle and Meditation. Fasting begins the night before. Each person will discuss before a tailor fasting protocol with Cyntha, and honoring where one is at and health needs. Pickup by the desert operators at 8am. The vehicles will take us out to the sand dunes in the UAE's Empty Quarter. Drop off by operators. Opening ritual in the desert and shamanic centering exercises. Check-in with each participant. Silence begins after. Sunset viewing on top of the dunes. May sleep in open air or in private tent.

**Nov 18.** Kundalini yoga morning practice and then Silence continues alone in the desert.

Evening Circle & Fire Release Ritual, with Chanting to integrate.

**Nov 19.** Morning Kundalini yoga. Group Sharing. Break fast lightly. Pickup by operators. Return to Dubai ~5pm.

**Notes:** Over the 3 days & nights, Cyntha will be available for any needed support. In addition to the shamanic meditations, yoga and meditations, there will be tailored exercises given as needed to support the releasing of what no longer serves, as well as support in facing any fears and projections onto nature. Attention will be given to the foundations of eco-psychology and how we can live more consciously in the ecosystem we are part of. Integration tools post-quest will be offered.