



# Cultivating Stability in an Unstable Environment

## Stand Up Paddle, Earth Grounding, and Stillness

Sunday, May 22, 2011

5-8pm

9597 North Shore Trail

Forest Lake, MN 55025

612-590-0970-cell

651-433-4495

[MinnesotaStandUpPaddleandSail.com](http://MinnesotaStandUpPaddleandSail.com)

**Experience the grounding of earth and the solidity of Self on an unstable platform.**

**You'll be introduced to 'standing tall' in the grass, supported by the trees and birds, and led in the practice of quieting the critical, judgmental mind in a new way.**

*New Earth Mentor David Nelson ([NewEarthMentor.com](http://NewEarthMentor.com)) and*

*Randy Johnson will lead this session, beginning with some stillness practice, movement practice, mindful walking and stand up paddle. The practice is to let go our obstacles to Love, to connection, allowing self to settle into*

*Self...to stand tall in our presence, no matter what.*

*Come wander in the wonder of the mystery with us. You can't stop the wave, but you can learn to **ride it**.*

*Preregistration Required*

*Early Season Suggested donation \$20 (Regularly \$90)*