

## Meditation in Nature

Gans Creek Wild Area

March 16 2008

9.00am to 10.00 am

Building a connection between spiritual practice and environmental consciousness

Being at home in Nature

(Sponsored by Friends of Rockbridge and the Unitarian  
Universalist Green Sanctuary Group)

### Format

Silent meditation with some opportunity to share insights

### Location

In an old growth woodland that is part of Gans Creek Wild Area

### Directions etc

Go south on Hwy 63 to AC exit

Get off Highway 63 onto Grindstone Parkway (west)

Turn left (south) on Bearfield Road and follow it  
across Nifong, through another stop sign, to where it  
ends in a parking lot that serves Gans Creek Wildlife  
Area.

Take the Footpath that leads off the the right (west)  
and walk for about 10 mins along the ridge until you  
enter a portion of old growth forest

You will know when you are there because it feels like a cathedral with very tall trees and no  
undergrowth.

We will sit in a circle under the trees

Plan on getting to the parking lot at 8.45am so that we can be settled for meditation by 9am

### Bring

A folding chair or stool

Wear long pants in tick season

Contact Peter Holmes for more information

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