



## OVERVIEW

Rachel Weitz has a MA in counseling psychology and has apprenticed for over a decade with earth-centered ritualists from diverse traditions throughout North and South America. She has trained in spiritual and shamanic healing, herbal and plant spirit medicine, and ancestral repair work. Her work includes teaching animist ways of relating with the seen and unseen and supporting people in remembering their true nature. Her people are from Ireland and the Jewish diaspora, most recently Eastern Europe, and she lives in the foothills of the Rocky Mountains on traditional lands of the Ute and Arapaho people. For more info see: [www.livingtruenature.com](http://www.livingtruenature.com).

We will also be blessed to have a magic maker creating all of our lunches from local and organic sources to deepen our experience of connecting with the land. Tara Lanich-LaBrie is a shamanic/animistic practitioner focused on working with food and the land, creating "farm-to-altar" meals with organic produce from her partner's farm, Esoterra Culinary Gardens in Longmont, Colorado. For this series of classes, Tara will be journeying with the class as a whole to create meals that are radiant and simple offerings, correlating with each monthly session to nourish the whole person, thereby creating an opportunity to go deeper together, in connection to the land and elements.