

# Deva SoulJourneys

## YOGA. ART. ADVENTURE.

### What is a Deva SoulJourney?

A Deva SoulJourney (SJ) is a three-week transformative adventure experience that many participants describe, unprompted, as a “journey to self-love.” On each SJ, we offer beginner-specific nature-based yoga and meditation practices; creative and expressive art activities; experiential workshops on identity, relationships, and all topics related to inclusion and diversity; copious amounts of journaling; backcountry adventure activities like hiking to clear turquoise-blue lakes, beginner rock climbing, and multi-day class II rafting as our vehicles for facilitating group bonding and cohesion and fostering self-reflection, confidence, and transformation.

### Yoga



Every day on the SoulJourney begins with yoga. The whole group gathers in a circle and practices super gentle movements paired with breath.

We offer trauma-responsive yoga, which means we are sensitive to language and cues that might trigger a negative emotional response based on past life experience.

Yoga can both excite and repel as one dives deep into Self and learns more about their bodies and what is stored in the recesses of the cells.

Yoga, paired with meditation, truly has the power to heal and transform our physical, emotional, and spiritual lives.

### Art



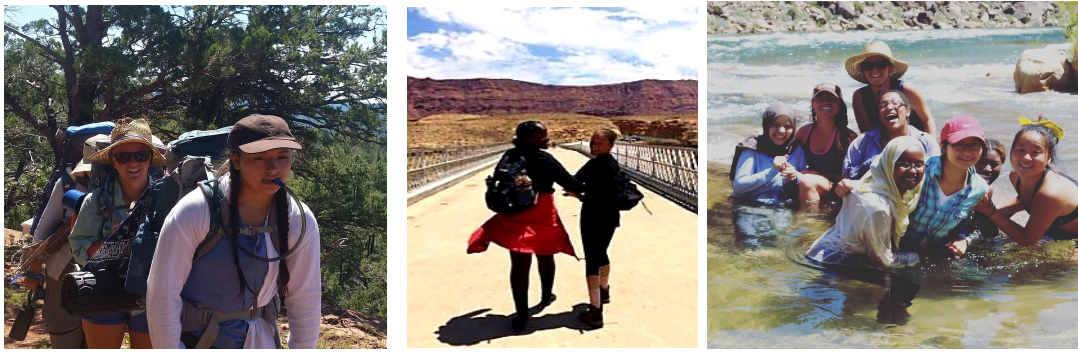
## Art comes in many forms on a Deva SoulJourney.

Carving spoons from wooden sticks you find hiking on the trail.  
Making masks on each other and painting the outside who you show to the world and  
paint the inside who what/who you really feel like inside.

The possibilities are limitless!

Participants are welcome to bring some of their own art supplies (in a quart-size, re-sealable bag) and Deva also provides blank-page journals, colored pencils, and watercolor paints to use throughout the journey.

### Adventure



Each SoulJourney is jam-packed with adventure! We hike to pristine and epically-scenic lakes. We rock climb. We raft. We do it all TOGETHER. Just when you think you can't make it or you just want to go home, your sisters are there to pick you and carry you through to the sweetest finish line. Often, groups of SJ participants come running off the trail singing and grinning wildly from ear to ear, their faces almost breaking from pure joy and excitement!

#### Dates:

SJ I July 3<sup>rd</sup> – July 21<sup>st</sup>

SJ II July 8<sup>th</sup> – 26<sup>th</sup>

SJ III July 13<sup>th</sup> – July 31<sup>st</sup> (requires collaboration and approval from SS mentor and Deva team)

SJ IV July 18<sup>th</sup> – August 5<sup>th</sup>

\*All 2019 SoulJourneys start and close in Salt Lake City, Utah.

Interested in applying? Please visit our website at [www.DevaHealingCenter.org](http://www.DevaHealingCenter.org).