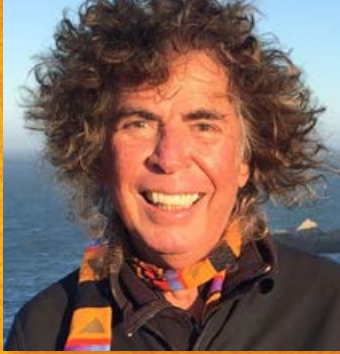


EXPERIENCE TOLTEC WISDOM

# Dreaming



Join **Francis Rico**  
for an afternoon and evening  
of applied wisdom and  
ceremonies, leading up to  
a magical Toltec Mitote  
– an all night long  
dreaming practice that

offers opportunities for profound personal  
transformation.

*Francis Rico's life work has been to follow  
shamanic pathways to health, happiness,  
and freedom. He is a Toltec Nagual and  
the author of "A Shaman's Guide to Deep  
Beauty" available on Amazon.*



This gathering takes place in the natural  
beauty of central Sonoma County, on

**SATURDAY & SUNDAY - AUGUST 11 & 12, 2018**

with an afternoon and evening of practices and ceremonies in  
preparation for the Mitote dreaming practice. The Mitote concludes  
on Sunday, August 12th, at 1:00. Check in starts at 11:30 am Saturday  
– bring your lunch. The event starts at 1:30 pm.

We'll share a community pot-luck dinner Saturday evening – decide  
what you'd like to bring when registering with Elaine Silver:  
[silver.elaine@gmail.com](mailto:silver.elaine@gmail.com)

We will provide a hearty catered breakfast on Sunday morning. Bring  
a water bottle, notebook, and any snacks or foods you deem essential.  
Multiple layers of clothing for inside and outside are recommended,  
as well as flashlight, sleeping bag, sleeping pad, blankets and a pillow.  
Camping on site is welcomed. Directions to our beautiful pastoral  
family farm in Cotati will be provided with registration.

## OPENING

YOUR EYES -  
YOUR MIND -  
YOUR HEART

## BECOMING

SPIRITED -  
AGILE - FERAL -  
RESOURCEFUL

## SPEAKING

TRUTH - BEAUTY -  
WISDOM -  
WILD POETRY

## HEALING

YOUR SELF -  
YOUR FAMILY -  
YOUR FRIENDS -  
THE WORLD

## ENJOYING

LIFE - LOVE -  
PEACE -  
ABUNDANCE

## GIVING

YOUR UNIQUE  
ESSENTIAL GIFTS  
TO THE WORLD

**Register with Elaine Silver** [silver.elaine@gmail.com](mailto:silver.elaine@gmail.com)

**\$150 per person, and \$250 for couples. Check or cash preferred.**

**Questions & additional information – contact** [francis@shamanzone.com](mailto:francis@shamanzone.com)