



Integrative Intentions

Newsletter

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Integrative Intentions

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About Integrative Intentions

First conceptualized in 2002, Integrative Intentions (II) is the intention for integration; the integrity of holism; integration of body, spirit, and mind; integration of the uniqueness of each moment and being with Being itself, Integration of the life of earth as Gaia. II is founded in the principle that each aspect derives its existence from the whole and embodies the whole in its unique individual form and existence.

In buffalo dreaming, we engage the spirit of the buffalo at Wild Winds Buffalo Preserve (WWBP) to share in their dreams and visions of the cycle of life to facilitate a co-healing of the land, the buffalo, and the people. Buffalo Dreaming has become a shared envisioning and somatic integration of this cycle of life — a teaching and co-healing with the earth, buffalo, individuals, and all our relations (*Mitakuye oyasin*).

We had a deep, rich experience in November at Wild Winds with our first workshop, Dreaming with the Matrix of Life. A significant feature of this experience was Buffalo Dreaming, a melding with the land, the buffalo, and each other in a process of co-healing and integration. We engaged our relationships within the cycle of life, and now we continue with a sense of joy, vision, and acceptance of all.

II Programs

In order to further the Vision of healing through Buffalo Dreaming, II is developing, supporting, accommodating, and promoting a wide variety of educational programs, workshops, therapy programs, group gatherings, study groups, eco projects, and activities in cooperation with Wild Winds Buffalo Preserve in Fremont, IN. Wild Winds stated purpose is “to honor and preserve the land, the buffalo, and the people” and the facilities at Wild Winds provide an open and sacred environment imbued with Buffalo Medicine for these programs.

We are continuing with II programs as envisioned at WWBP and elsewhere as they manifest. We will take on form and content as II unfolds through the experiences of participants. We intend to remain open and trust participants’ nature and spirit in the Dreaming.

For us, the Dreaming is more than an ideal, a metaphor, concept, or specific idea. It is beyond consensus realities and language, yet part of every moment and is being revealed in our immediate lived intentions and experiences. We hope to facilitate a fuller understanding of the Dreaming through Integrative Intentions.



Integrative Intentions

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What is Buffalo Dreaming

Buffalo played an important role in providing for the physical needs of numerous Native American tribes, including the Lakota Sioux. In addition to providing a primary source of food, all parts of the buffalo were put to a wide range of uses. The buffalo also supported the spirituality of the people, and had important ceremonial and spiritual functions. Because they played such a vital role in providing for the people, the buffalo was considered very sacred.

In our work with buffalo, it has become clear that a primary role that the buffalo can continue to play is nourishing the people and the earth, and this nourishment continues to have both physical and spiritual components. We have also recognized the powerful benefit of Native American spirituality, and share the traditional Lakota Sioux ceremonies of the *inipi* (sweat lodge) and *chanupa* (sacred pipe).

In Buffalo Dreaming, we seek to reconnect with the spirit of the buffalo, reforging ties to these powerful, sacred, and fragile animals. By re-establishing our connection with the Buffalo Nation, we can tap into their Medicine and gain a powerful reconnection to the land and experience profound healing for ourselves and our communities. We can gain inspiration for working toward a healthy, holistic, and sustainable way of life.

The energy of the buffalo cannot be adequately described in words. It must be felt to be truly appreciated and understood. At Wild Winds Buffalo Preserve, we are fortunate to have the opportunity to interact with a herd of buffalo that is honored and respected as sacred animals.

More information about Buffalo Dreaming is available at www.buffalodreaming.com.



Wild Winds Buffalo Preserve

Wild Winds Buffalo preserve provides a unique atmosphere for workshops participants, bed & breakfast guests, and daytime visitors to experience the power and majesty of the buffalo. Located in Fremont, IN, Wild Winds has 400 acres of pasture land and a herd of approximately 250 buffalo, all from Custer State Park stock.

With its rustic log buildings, vast collection of antiques and historical artifacts, gift shop, horseback trail rides, and kitchen featuring buffalo meat meals, Wild Winds is truly a one-of-a-kind place. Not only is it an operation for the preservation of and the education about buffalo, Wild Winds is a spiritual and sacred space that supports strong Buffalo Medicine while endeavoring “to honor and preserve the land, the buffalo, and the people.”

More information about Wild Winds is available online at www.wildwindsbuffalo.com



The two primary lessons I've come to understand from working with buffalo are the importance of spirituality in everyday life, and the understanding that all life is fragile, regardless of how strong, powerful, or unharmable it may seem.

- Allen R. Pyle

2003 Event Schedule

Integrative Intentions is initially offering the following seminars, classes, training sessions, and experiences in 2003. All the following classes are presented at Wild Winds Buffalo Preserve in Fremont, IN. Please use our Registration Form at the end of this newsletter to sign up for any of these programs. To view our Event Schedule online, please visit www.integrativeintentions.com. All fees are subject to change.

Comprehensive Therapy Program

Thursday, February 17 – 21 and Monday, August 25 – 29, 2003

Facilitated by Integrative Intentions staff. Multiple modalities of treatment given over a concentrated period of time can often help facilitate healing in a more efficient and profound way. Our **Comprehensive Therapy Program** provides access to multiple complementary therapies to enhance a person's healing process.

The program will run for five consecutive days from 9:00 am until 4:30 pm. Primary therapists with advanced training in CranioSacral and SomatoEmotional Release therapies will be assisted by other support therapists.

Adjunct therapists will provide complementary therapies that may include: *psychotherapy; guided meditation; biodynamics; acupuncture; auricular therapy; hypnotherapy; massage therapy; lymphatic drainage therapy; aquatic therapy; equine facilitated therapy; sound energy dynamics; and daily group discussion.*

Support therapists will be provided with additional guidance, feedback, and group process time that will enhance their own private practice. To maximize the experience, therapists are encouraged to stay at the Preserve for the course for the week.

This program is limited to 6 clients, 7 primary therapists, and 7 assistant therapists. Additional adjunct therapists will be practicing as clients' needs present. Pre-registration is required for both clients and therapists.

Fees are: *Client* — \$2,500 includes therapy, consultations, breakfast, and lunch. Lodging at local motels not included. *Support therapists* — \$25 per day, includes hands-on training and additional learning experiences. Lodging fees based on package chosen. See registration form for rates.



CranioSacral Study Group

Sundays, once a month, starting February 23

Sundays 10:00 am to 5:00 pm, facilitated by Lauri Rowe and/or Chas Perry with other guest presenters as the opportunity presents.. This is a study group for Upledger Institute trained CranioSacral therapists who have been trained in CST1 and beyond. Time will be used to share clinical case information with other therapists for continued feedback and suggestions on enhancing CranioSacral practices. Issue specific sessions may be incorporated into study group format. Multiple-hands-on treatment among study group participants will be the afternoon format.

Costs: \$12.00 per person and \$5.00 lunch fee for lunch provided by Wild Winds Buffalo Preserve. Overnight lodging available for those wishing to stay the night before or after the group. See registration form for package rates.

Study Group dates will be: February 23; March 16; April 20; May 11; June 22; July 13; August 17; September 21; October 19; November 9; and December 14.

PTSD And Body Therapies: A Workshop for Mental Health Workers

Monday, March 17, 2003

Facilitated by Lauri Rowe and supporting Integrative Intentions staff. 8 am registration, 9:00 am to 5:00 pm program. In today's society we are hearing more and more about a phenomenon called Post Traumatic Stress Disorder. Mental health workers are finding more clients that exhibit symptoms once thought to be an affliction of just war veterans. Psychologists and psychiatrists are becoming more aware of PTSD in individuals who have experienced any sort of violence or perceived life threatening events.

Body therapy theories have long held that emotions can be trapped in the body consciously, and most often subconsciously, keeping a person ever spinning in the traumas of their past. Psychotherapy in combination with various body therapies has proven most effective for those suffering from PTSD in its many forms.

This workshop gives front line mental health workers an introductory overview of available body therapies that have been proven most effective with facilitating relief from the difficulties of PTSD. Lecture and demonstration formats are used to expand on the knowledge of these modalities.

Class is limited to 25 participants, and pre-registration is required. Fees: \$100.00 includes lunch. Lodging packages available through Wild Winds Buffalo Preserve. See registration form for rates.



Group Advanced Experience

Friday, March 28 – 30 and Friday, November 21 – 23, 2003

This is an opportunity for students with advanced CranioSacral Therapy training to come together in a retreat setting for three days of shared treatment and processing. This is to be a semi-facilitated experience to encourage continued growth gained from the Advanced training. Integrative Intentions will coordinate and facilitate the registration and logistics.

An Integrative Intentions staff member for group discussion and processing is available during the mornings. Remaining time to be self and group directed. We will provide a pristine location space and amenities. Class is limited to 10 participants and pre-registration is required. Fee: \$300.00 per person tuition, plus lodging fees. See registration form for rates.

Other experiences using this format may be developed for already formed groups. Contact Integrative Intentions about setting up an experience for your own group.



Yoga Retreat Workshop

Friday, June 13 — Sunday, June 15, 2003

Facilitated by Jenny Martin, this II sponsored program is offered for those whose interest is just being peaked by or have had a long commitment to the principles of yoga. Jenny has developed a form of yoga that is fitness based in its poses, yet still incorporates mind and spirit through focused, flowing movements and breath. The weekend will integrate yoga with meditation, lecture, and an intimate connection with nature. Some practice will include outdoor experiences as weather permits.

Fee: \$250 per person, plus lodging. See registration form for rates. Class begins at 7:00 pm on Friday and runs 9 am to 4:30 pm on Saturday and Sunday.

Basics in CranioSacral Therapy

Saturdays, April 19, July 12, and November 8, 2003

Facilitated by Lauri Rowe. 8 am registration, 9:00 am – 4:00 pm class. Join us for this lively, interesting class that will teach you techniques to relieve pain and promote relaxation. This workshop will explain CranioSacral Therapy and the craniosacral systems that influence overall health. After a demonstration, you will practice a few simple techniques that you can use on yourself or to help family members relieve headaches, reduce stress, control pain, and promote relaxation.

This gentle, hands-on therapy developed by Dr. Upledger over 25 years ago is used by healthcare professionals worldwide to detect and relieve the root causes of conditions such as chronic headaches and back pain, fatigue, central nervous system problems, TMJ dysfunction, depression, and much more. It accomplishes this by naturally easing restrictions or imbalances in the area of the brain and spinal cord, which in turn enables the central nervous system to operate at its greatest level of efficiency.

Pre-registration is required. Fees: \$50.00 tuition and \$5.00 lunch per person. Overnight lodging is available for those that wish to spend the night before or after class. See registration form for rates.



Integrative Intentions: Dreaming with the Matrix of Life

Wednesday, May 14 – 17 and Thursday, October 2 – 5, 2003

Facilitated by Chas Perry, Kat Cramblet, and other Integrative Intentions staff. We invite you to participate in The Dreaming, a holistic process of creative manifestation and integration. Embodying the Dreaming through unconditional acceptance and love. Honoring the uniqueness and intelligence of all aspects of life by exploring the shared vision of Buffalo Dreaming.

Integrative Intentions will facilitate this workshop by incorporating:

- Existential Somatics™
- Individual and Co-Visioning
- Dreaming into Existence
- Gestalt
- Unconditional Process
- CranioSacral Therapy
- SomaSpeaks™
- Co-Healing with Gaia
- Optional Drumming and Sweat Lodge Experience

This experience is limited to 12 participants, and pre-registration is required. Course fee: \$465.00 per person, plus lodging fees. See registration form for rates. To encourage the group dynamic, participants are strongly encouraged to stay at Wild Winds Buffalo Preserve.



Existential Somatics

Friday, September 26-28, 2003

Facilitated by Chas Perry. This class is designed for advanced somatic therapists. We will engage our immediate lived existence, engaging the dynamics of our somatic identity, exploring self-image, boundaries, owned and disowned sensations, emotions and processes. We will use imagery and dialogue, SomatoEmotional Release, CranioSacral therapy, and other modalities. We will be working toward an increased awareness and presence within our somatic experience and existence.

Class to include daily presentation, group discussion, and hands-on experience. Class is limited to 12 practitioners and pre-registration is required. Fees: \$365 per person. Lodging fees depend on package. See registration form for rates.



Weekly Yoga

Monday evenings, starting February 3, 2003

Yoga class at Wild Winds Buffalo Preserve in Fremont, IN, taught by Jenny Martin. Jenny's style of yoga emphasizes physical fitness as well as the mind and spirit. Classes are held every Monday evening, from 7:00 pm to 8:30 pm. No class will be held on the following dates: 3/31, 5/26, 6/30, 9/1, and 12/29.

Class fee is \$10 per person per class, or \$38 per person per month. No pre-registration is required.



To stay current with our ever-expanding program of opportunities for personal and professional growth, visit www.buffalodreaming.com

Invitation to Teachers, Facilitators, and Groups

If you have a course of study or special interest that you would like to share with others looking to expand their experiences, we would love to work with you. We are open and available to consider assisting you in setting up any type of experience in any kind of format you think will work.

Please consider working with us in any of the following formats currently available:

Community Programs: II Promotes, teaches, and facilitates the program.

Sponsored Programs: Instructors not on II staff teach the course, and II administrative staff facilitates the logistics of registration and promotion.

Facilitated Programs: Instructors not on II staff do their own promotion and registration, and II administrative staff facilitates location logistics.

If you are interested in discussing program ideas, please contact:

Lauri Rowe – 517-279-7385 or ljrowe@buffalodreaming.com

Kat Cramblet – 772-349-5799, 772-781-5799 (fax) or mail@integrativeintentions.com

Registration Form

Please make check or money order payable to Integrative Intentions.

Name: _____

Address: _____

Phone: _____ Email: _____

Course(s) registering for:

All fees are per person. Send check or money order to: Integrative Intentions,
c/o Lauri Rowe, PO Box 196, Coldwater, MI 49036

- Shared Connections — \$465
- Existential Somatics — \$365
- Integrative Intentions: Dreaming with the Matrix of Life — \$465
Choose date: May 14-17 October 2-5
- Basics in CranioSacral Therapy — \$50
 April 19 July 12 November 8
- Post Advanced Experience — \$300
Choose date: March 28-30 November 21-23
- PTSD and Body Therapies: A Workshop for Mental Health Workers — \$100 (includes lunch)
- Comprehensive Therapy Program — client \$2,500
Choose date: February 17-21 August 25-29
- Comprehensive Therapy Program — assistant therapist \$25 per day for _____ days
Choose date: February 17-21 August 25-29
- Yoga Retreat Weekend — \$250

Note: no preregistration necessary for monthly **Sunday CST Study Group** or **Weekly Yoga Classes**

Total enclosed: _____

Refund Policy: All cancellation requests must be made in writing. Cancellations postmarked up to 2 weeks prior to start of the program will receive a **full refund**, minus a \$35 processing fee. Cancellations received from 13 days to 24 hours before the start of the program will receive a 75% refund. Cancellations made less than 24 hours before the start of the program are **not** refundable.

Special Lodging Packages for Integrative Intentions events

All rates are per person. Please mention special II package rates when registering for lodging.

Please send lodging fees directly to:

Wild Winds Buffalo Preserve, 695 North Ray St., Fremont, IN 46737

Package A: Facility fee for commuters

Full use of facility and grounds, all meals \$37/day

For those not rooming on the Preserve grounds.

Package B: Private Room with single bed

Includes breakfast, lunch, and dinner \$139.00/night single occupancy, \$176.00 double + tax

Package C: Dorm Style w/ separate Beds \$112.00/night + tax

Dorm Style lodging. Includes breakfast, lunch, and dinner



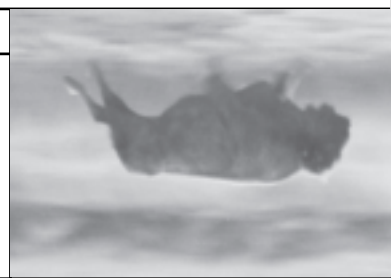
Please feel free to contact us for more information about any of these programs, or about how you can help our Visions to grow.

Welcome to the first Integrative Intentions newsletter. This issue contains our event schedule for 2003, with detailed descriptions of all the programs we are initially offering. We believe you will find our diverse selection of educational programs, workshops, therapy programs, and gatherings intriguing.

Welcome!

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