



"I felt empowered and invigorated and absolutely felt the mountains majesty!!"

# STAT

SPORTS TRAVEL ADVENTURE THERAPY



"It was so rejuvenating for me to be in the wilderness and removed from everything (especially phones)!"

**STAT** journeys are seasonal adventures for the soul. It will not only empower you but you will have a good time in the process. I challenge you to come out and play with an open heart and a willingness to share. Life as we experience it lies not in the destination but in the journey.

Last season, we thawed out from the Winter in Dominica, an unspoiled paradise of mountains, lakes, waterfalls and breathtaking scenery.... just like my small group of girls. They took in every precious moment, laughing at Alfred's jokes, singing oldies in the car, and whale watching just for the sport of it...where did all the whales go? They certainly weren't in those amazing hot volcanic rock basins on our Boiling Lake hike where we shot those perfect uninhibited exotic photos to take home to our loved ones. We live and we learn not to forget our valid updated passport.



Spring blossomed in Brazil on a completely undeveloped tropical island. We hiked three mountains and three beaches before we reached Lopes Mendes, renowned as Brazil's most beautiful beach. I can still hear the samba music, feel the capoeira dancers' swords and see the spectacular view of the 365 islands in the Baia de Ilha Grande from my kayak. It was a magical place with magical people. And for the finale, a little hang gliding over Ipanema beach...now that's the way to see Rio!

**ॐ** OM - THE "PRIMORDIAL SEED" OF THE UNIVERSE. Chanting OM is the easiest way to touch the Divine within yourself.

**THE EYE OF THE BELHOLDER**  
Dristi - a gazing technique that develops concentration while teaching us to see the world as it really is.

**YIN YANG MOON SUN**  
The universe is changing everyday and so are we... winter, spring, summer, and fall

**GODDESS**  
I am the Moon, the Sea, and Mother Earth  
I am all that was, and is, and ever shall be.

Vancouver Island was the scene of our Summer journey. It took a big plane, a little plane, a boat, and a horse and buggy to reach this Wilderness Outpost in Bedwell River. Rain (and it did) or Shine (barely), my girls go with the flow and some take a wrong turn and get lost...and found! We were styling in those orange rain suits, don't you think? We almost forgot them. The chemistry was near perfect for hiking in the wet marsh (water up to our thighs) looking for our awaiting kayaks. Not. Laughing was contagious. It was an experience in the middle of nowhere but somewhere. We bonded under the full moon! We even looked forward to our morning yoga.

My Fall girls created an amazing voyage into New England, a favorite leaf-peeping spot with its vibrant foliage. The days were trifectas...morning yoga, afternoon biking, and night hiking. The October moon lit sky is always spectacular! We were Maine-iacs always looking for "viewage" while singing pop songs at the top of our lungs. The sweet solitude of biking the entire perimeter of Isle au Haut, not to mention the acres of granite-domed ocean shoreline we hiked with Mr. October, keeps me smiling still. It was all about surrender and our intuitive guide John made us all feel safe.

As we travel through life, we learn many lessons. This year I learned that the only thing constant is change so we must welcome and embrace it. I invite you to pick a season in 2004 and join the camaraderie of a small group of strong, capable women who want to change or enhance their life.

**Erin Leider-Pariser**  
Founder

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## 2004 JOURNEYS

### Winter in the Dominican Republic

February 4-9, 2004

Cabrete is the perfect combination of beautiful white sand beaches and wondrous lush mountains on the northern coast of the Dominican Republic. We'll bike through small villages, dive in the River El Chorro, and hike the tallest looming tropical mountain in the Caribbean under the full moon. In fact, Pico Duarte at 10,419 feet is taller than any mountain east of the Mississippi on the North American continent. We'll be taking mule support!

### Spring into Moab

April 29-May 3, 2004

Over 2,000 stone arches "miracles of nature" grace the land in Moab, Utah. Arches and Canyonlands National Park have Mother Nature to thank for its prominence as a mountain biking and hiking Mecca. We'll be staying tucked deep in the heart of Hurrah Pass guarded by red rock bluffs and the roaring Colorado River. The landscape is filled with canyons carved by wind, water and time, allowing for bracing ascents and thrilling descents. See the desert in full bloom on camels!

### Summer in the Canadian Rockies

July 14-19, 2004

We fly in by helicopter, dazzled by Kinbasket Lake, Mount Bryce, the Columbia Icefields, and high points of the Canadian Rockies. Our Mountain lodge feels like it sits on top of the world cradled by the Selkirk Mountains with 13 square miles of alpine meadows, heather-swathed valleys, and interlaced ridges. A herd of caribou may cross our hiking path, but otherwise we won't see a soul. Can't wait to meet our guide Venus for the new moon midnight hike!

### Fall fling in Santa Fe

October 13-17, 2004

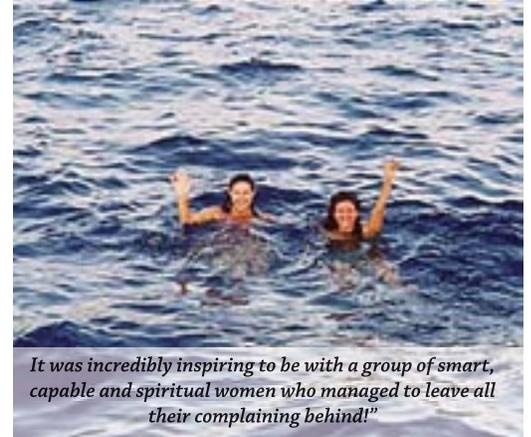
It's no wonder artist Georgia O'Keeffe made New Mexico her home. The beauty is unsurpassed. We'll hike through the spectacular, richly hued deserts to the snow-capped Sangre de Cristo (Blood of Christ) Mountains. We'll visit the "Windows in the Earth" meditation shrine and experience a traditional adobe sweat lodge in celebration of the new moon. It's almost impossible to describe the brilliant colors and ethereal clarity of this natural environment, especially after rafting down the Rio Grande!

All Journeys start at \$2,500. Detailed itineraries are available upon request. Custom trips can be arranged for personal and select groups for whom female friendship, natural discovery and fun is the way to celebrate a life passage!



*"No words can describe the vistas and miracles and symbolisms and dreamscapes we traveled upon."*

*"Loved the intensity of the hikes, even somewhat enjoyed the pain of my quads as we biked up yet one more hill!!"*



*It was incredibly inspiring to be with a group of smart, capable and spiritual women who managed to leave all their complaining behind!"*



*"It was perfect, rain and all."*