

Women's Retreat – Gila Wilderness

November 17 - 20, 2021

An Adventure that Feeds the Soul
On the Trail of the Mountain Spirits

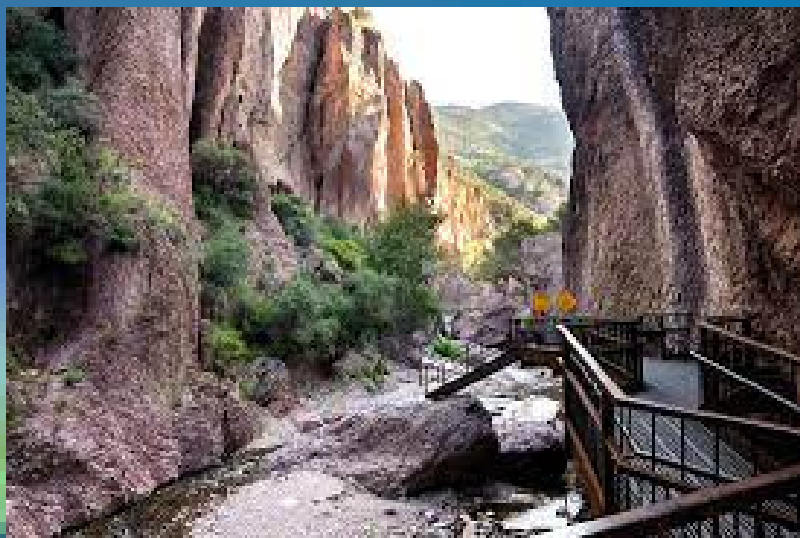
Robin King, facilitator, has been leading groups for over 30 years. She is a labyrinth facilitator, intuitive channel & coach. Her Wild Woman Adventures include meditations, rituals & mindfulness activities helping us realign & nourish our soul's creative life force. This experiential retreat allows all the solo time you may need and each activity is optional.

Wed. Nov. 17: Home pick-up in Green Valley. Our first destination is historic Bear Mountain Lodge, New Mexico. It is a tranquil oasis on 178 secluded acres of the Gila Forest. After a delicious lunch, we begin with an integration of labyrinth wisdom led by Robin with Salt Lick Labyrinth, (site of old cattle salt lick), a seven-circuit classic design traced by 4,000 years to Scandinavia. Bear's Hump Labyrinth is an interlocking spiral, a design often found on local Mimbres pottery. It is placed in the shadow of Bear Mountain. Dinner in Silver City, ten minutes drive. Evening roundup.

Thurs. Nov 18: Wonderful buffet breakfast. Activities. Check-out at 11am & head for Silver City to explore their revived Arts & Culture district with new galleries, shops & cafes & Western New Mexico University Museum. Lunch (on your own).

Los Olmos Lodge, (the Elms), an hour drive to Glenwood, NM. Our cabins are set among lovely Elm trees, bordering Gila Forest & overlooking San Francisco Mts. Perfect ambiance to relax the mind. Dinner at the lodge. Meditation with Robin & Campfire round-up.

Fri. Nov 19: After breakfast, a short drive to a unique experience at Catwalk National Park & Whitewater Canyon. As we follow the walk through this Canyon filled with an amazing eco-system of sycamore & cottonwood trees high above the Whitewater Creek between massive colorful volcanic walls once filled with gold & silver truly, you can sense that this truly is the "Trail of the Mountain Spirits". Lunch at the Picnic area. We will order bag lunch from Alma Grill, not included in fee.



Return to Los Olmos with free time. Late afternoon, a short drive to Whitewater Mesa Labyrinths, (www.wmlabyrinths.com) for a full moon experience at this amazing labyrinth site. Dinner (included).

Sat. Nov. 20: Breakfast at the lodge. Yoga at the Lodge with Cordelia Rose for those who have signed up. Pick up Bag lunch at Alma Grill & top off retreat at Sundial Springs, high above the San Francisco River. These hot springs are so relaxing. There are changing booths. Bring a towel from home. Picnic area for our lunch. Robin will hold closing meditation. Homeward bound. Revived!

Fee: \$550. Deposit, \$100, Balance due Oct 1. Last date for refund unless space is filled. Includes: 3 nights lodging, transportation, 3 breakfasts, 1 lunch, 2 dinners. Hot springs, labyrinth entrance & Robin's services.

Payment Methods: check (Tours by Sierra), Zelle, credit card (3% added). P.O. Box 912, Green Valley, Az 85622. 12 Women Max. Yoga, optional, \$20.

Contact: Joyce Sierra, 520-404-2254, backroadsjoy@gmail.com.

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