

Arkwings* Retreat Pilgrimage

May 29-June 6 or August 14-21, 2010

Come experience a Rocky Mountain “body, mind, and spiritual” high in New Mexico “Land of Enchantment.” Join fifteen (15) other adults in a pilgrimage to “Old Town” Albuquerque, Santa Fe, Taos, and San Louis. The retreat’s theme “Taking Care of Self to Care for Others” will emphasize that “wellness is more than the absence of illness” but is a dynamic state of being. These unique adult retreats are dedicated to the principles of renewal and re-creation, high in the mountains, far from the hurried crowds below. Our goal is that through the process of renewal, restoration, and re-creation, each participant can return to their families, neighbors and friends renewed and refreshed. Our prayer is that as each experiences the wonders of God’s creation, each one in his/her own way will experience the Creator. Isaiah 40:31

Wellness of Body: Relax and feast your eyes on 13,000 ft peaks on a 2200 acre alpine lake at Eagle Nest and Angel Fire Resort. Take time to play golf, fish, take meditative walks, read, and rest in between nutritious and delicious meals and snacks.

Wellness of Mind: Participate in optional freewheeling discussions based on the Arkwings Wellness Model in addition to topics ranging from history, to culture, to local geography. Interact with local guest artists in between visits to breathtaking natural settings and ancient Indian pueblos.

Wellness of Spirit: Explore some of the oldest and most historical churches, missions and sacred places in the United States and learn about their history. Take time for personal prayer and meditation.

Cost: \$985.00 for the first 16 with a \$200 paid deposit. The price includes all ground transportation in NM, deluxe room (double occupancy), two meals a day plus snacks, and all session materials. Participants arrange their own transportation to New Mexico.

(Financial aid is available for qualifying individuals and couples.)

**Contact: John McCall* 628-6690 cell, arkwings1@gmail.com e-mail, www.arkwings.com or
Rick Thomas 458-0861 cell (Rick has a Ph.D. in medical sociology and is a gourmet cook)**

***Arkwings** is a not-for-profit foundation committed to nurturing the bodies, minds and spirits of individuals and communities through its 17 acre Memphis conference/retreat center and programs. Arkwings programming staff have coordinated 28 national and international retreats and trips since 1991.

Dr. John McCall, the team leader, has a Ph.D. in sociology and cultural anthropology and served on the faculty and staff of the University of Tennessee Health Science Center for 30 years. His expertise in experiential learning will be supplemented through the participation of experts on local history and culture.