

# Rejuvenate at Aravaipa Creek

Mar 1-3, 2019 Retreat with Deborah JOYa

at Aravaipa Canyon Ranch in Winkelman, Arizona

**Yoga, Chi Gong, Meditation, Art, Hiking, Fire circles & more next to an enchanting creek!**

Friday arrival after 3, try to arrive by 5, everything optional

**Fri:** Opening 5pm, Dinner 5:30pm, Fire Circle 6:30pm

**Sat:** Breakfast 7:30am, Chi Gong 9am, Meditation/Art 10am,  
Art Project 4pm, Dinner 5:30pm, Fire Circle 6:30pm

**Sun:** Breakfast 7:30am, Yoga 9am, Meditation 10:30am,  
Lunch noon schedule subject to change

**5 Healthy Meals** (vegan, vegetarian, meat options) Friday dinner;  
Saturday breakfast & dinner, Sunday breakfast & lunch; bring  
your own snacks, drinks, and food for Friday and Saturday  
lunches - frig & kitchen available

**Hike with a group or on your own - creek, canyon, mountain**

**Enjoy the Creek, Labyrinth, Library, Flowers, and Nature**

**Simple Ranch house dorm-style lodging** - 4 bedrooms with 3-5  
twin & double beds, 1 bedroom with a double bed, 3  
bathrooms, mattresses available for deck above the creek

Linens, towels, and blankets provided

**You may want to BRING** - camera, yoga mat, journal, yoga &  
hiking clothes for warm & cool weather, hiking shoes, river shoes,  
insect repellent, drum, musical instrument, flashlight, snacks,  
drinks, lunch food, eye covers, earplugs (no curtains, thin walls)

**Camping and class B RV's welcome** no hookups, \$30 off for tents

Friendly dogs (who don't bark a lot) are welcome for an extra \$50.

**Discount available** in exchange for assistance with meals & prep

**Space limited! Register in person or online**

**[www.deborahjoya.com](http://www.deborahjoya.com) 480-861-9959**

**\$225 by 2/15  
then \$245**

**carpools  
available**

