

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 RV's welcome (save \$30) no hookups

Discount available in exchange for assistance with meals & prep

Space limited! Register in person or online

www.deborahjoya.com 480-861-9959

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

**carpools
available**

