

Wemanuchi Wilderness, Colorado



August 8-12th, 2012

Wilderness Adventure Meditation Retreat Wemanuchi Wilderness Area, Colorado - Tuition \$544.00

~ After April 1st Regular fee is \$644.00~

This Lotus Oasis signature retreat will support you in embracing your optimal level of wellbeing. Sometimes spending time with yourself and nature is the best medicine: no TV, no computer, no cell phone.....just nature and intimacy with yourself. Join us for this amazing wilderness retreat in the Wemanuchi Wilderness area of Colorado. Take a train ride to the trailhead in the famous narrow gauge train, and experience some of the most beautiful places in Colorado. Must be reasonably fit for this wilderness hiking adventure. You will be required to carry your own backpack, tent, sleeping bag and a portion of the food.

- A night at historic **Rochester Hotel including breakfast** (double occupancy)
- Welcome wine the first evening
- Train ride with **historic narrow gauge train**
- Twice Daily Meditation Practice
- Daily journal exercises
- Hike two 14,000 foot peaks
- All meals included
- Group capacity is 6 people
- Introduction at the Rochester right after checkin the first evening
- Locals pay \$447 (no hotel)

\$111 non-refundable deposit upon registration.

For more information or to register visit our website: www.lotusoasis.com

Got Questions? Call Charlotte @ (970) 799-8950



***Led by Charlotte Lenssen
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Lotus Oasis Retreats



***Calida
Master Herbalist
Specialist in Edible and Medicinal plants***