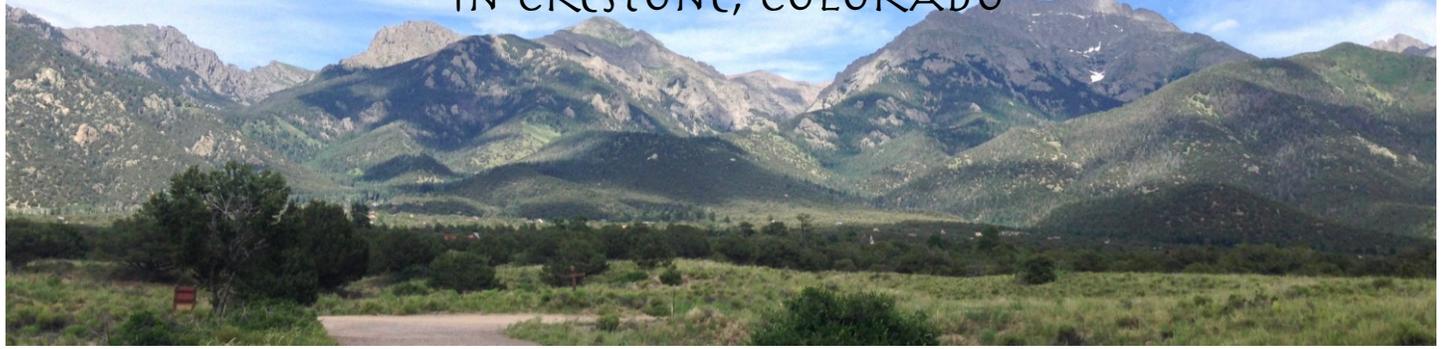


JOURNEY TO THE HEART OF THE DRAGON

A YOGA, MEDITATION, AND HOT SPRINGS RETREAT
IN CRESTONE, COLORADO



When: May 12-17, 2019

Where: Joyful Journey Hot Springs, 28640 CR 58 EE, Moffat, CO

Cost: \$777 (\$825 after March 31) for a shared queen hotel room (separate beds)

Registration: Contact Bob Ferry at bobferry16@yahoo.com

Spend 6 days and 5 nights in the sacred land of the dragon, a spiritual mecca for seekers, in the shadow of the Sangre de Cristo Mountains. Crestone is home to over two dozen spiritual sites including ashrams, temples, a ziggurat, stupas, monasteries, and retreat centers of many faiths. It is a holy land which preserves world wisdom traditions in harmony with nature. We will visit and tour some of these sites and centers and participate in their meditations and ceremonies.



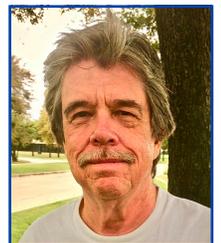
We will stay at Joyful Journey Hot Springs Spa and Retreat Center where we will have access to comfortable lodging, a yurt for classes and ceremonies, and unlimited soaking in the hot springs pools.

Also included in your retreat cost:

daily delicious breakfast, healthy snacks and homemade chocolate, first night's dinner, daily yoga, tai chi, and/or qi gong, meditation, ceremonies, practices, dream interpretation, Reiki, sound healings, drumming, hiking, star gazing



BOB FERRY is an experienced Yoga and Meditation Instructor, teaches Aqua Yoga, Yoga for Cancer Survivors, and Qi Gong/Tai Chi to students with MS. He is also a Reiki healer, a native American flute player and a person who fell in love with Crestone on his first visit. In retirement, he is following his vision to teach and heal. He lives in the DFW area.



RICA POTENZ is a Sound Healer, Reiki Master, Energy Healer, Yoga Instructor, Dream Interpreter, Drummer, Musician, Lover of Nature, Explorer, Chef, Chocolatier, and loves Crestone. She loves to help others find their wholeness. She lives in Pagosa Springs. Find out more at ricapotenz.com

