

Return to Joy

A Workshop with Jorge Luis Delgado

July 31-August 3, 2009 at Sacred Mountain Retreat, Crestone CO

We are living in the most wonderful time to be alive. The Earth is entering a new cycle, a new day and a new energy with a “new” Sun. It is a time to claim our eternal spiritual self and live life with our whole self, with our body, mind and spirit. We can begin to experience this new Spiritual Age in being fully alive and present as we practice “Greeting the Sun.”

The general format of the workshop will be teachings in the morning and further teachings/ceremony in the afternoon. The teaching topics will cover Cosmic Awareness: PachaKuti, the return to Joy, connecting to the Inner, Eternal Self and experiencing its never-ending Joy and Abundance, as well as how this is expressed in different aspects of our everyday lives. The ceremonies will include the Greeting the Sun Ceremony, Appacheta – Letting go and Self Forgiveness Ceremony, and Despacho – Inca Offering Ceremony to Mother Earth.



Accommodation: you may either camp on the retreat (please bring a tent), or stay at a local B&B, which will cost more. Camping is preferable.

Meals: will be up to each individual to coordinate shopping for and preparing their food. Simple vegetarian meals are required during the workshop.

Cost: \$280, plus \$10 per day if you are camping on the land.

Registration: Space is limited! Please register early. A \$100 non-refundable deposit is required. For more information, contact us by email contact@sacredmountainretreat.org, by phone at (719) 849-0105, or visit our website:

www.SacredMountainRetreat.org