

Pilgrimage Creations

Our web site, PilgrimageCreations.com, offers you the following, among other things, in addition to this Spiritual and Practical Preparation for your Pilgrimage workshop.

Finding your Camino Rhythms

Finding your Camino Rhythms offers a pre-walk, all-day, online workshop with personal follow-up; walking with you your first seven days on the Camino; and follow-up calls after your Camino. The workshop will be in August and the pilgrimage walk will begin September 10, 2013.

Our books

- *Encounters on the Road to Jerusalem*
- *Germany to Rome in 64 Days: Our Pilgrimage*
- *Walking Life: Meditations on the Pilgrimage of Life*

Slide shows

- *Hear the Call Follow your Heart*
- *Germany to Rome*

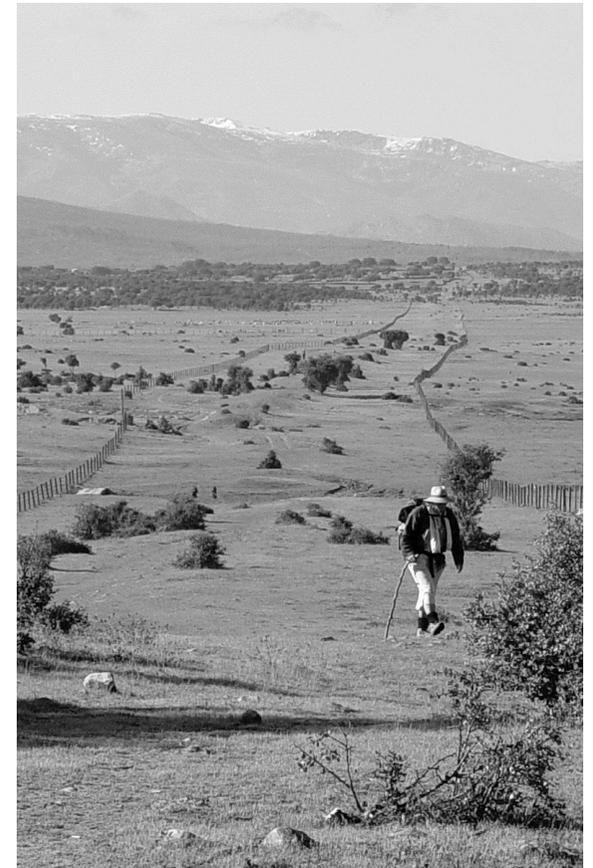
Writings on our pilgrimages

This section includes any pages on our pilgrimage walks and reflections on the Camino de Santiago, the Via de la Plata, the Via Francigena, the Camino de Levante, and our walk across America and Europe to Jerusalem.

Walking the Camino de Santiago

Spiritual and Practical Preparation
for your Pilgrimage

Online Workshop June 22, 2013



The Workshop

Spiritual and Practical Preparation for your Pilgrimage

Pilgrimage begins in the heart and with the first steps into the unknown. That you are considering this workshop means you have already started. The essence of the Camino de Santiago is the encounters with yourself, others, and the Universe as you walk step by step along the path.

This workshop explores your motivation for going on your pilgrimage. We encourage you to face fears and emotional feelings and come to see them as gifts to help you to discover new insights. We tell our stories and help you open up to life changing experiences. Nobody returns from a pilgrimage the same.

This workshop also gives you insights into the practical side of this pilgrimage walk: a slide show of our walk, planning your walk, what to take along, where to stay, the path, and the walking itself. We talk about your pharmacy, the spiritual and physical tools you have for helping you through difficulties on your pilgrimage.

We talk about walking long distances and how each of us, no matter our age or physical condition, can walk at his or her own pace.

The workshop dares you to open up to the wonderful things you can discover on your pilgrimage as you follow your call into the unknown.

Program

Saturday June 22nd 2013

- 8:40 am On-line check-in and adjustment.
- 9:00 am *Hear the call and follow your heart*
Camino de Santiago in slides
- 10:15 am *Break.*
- 10:30 am Pilgrimage begins in the heart.
Presentation and individual reflection.
- 12:00 pm *Lunch break*
- 1:00 pm Practical matters – luggage, walk, housing, etc.
- 2:15 pm *Break*
- 2:30 pm Fears, challenges, and crises.
Presentation and individual reflection.
- 4:00 pm *Break.*
- 4:30 pm Pilgrim's pharmacy—spiritual luggage.
Presentation and individual reflection.
- 5:30 pm Review and open questions.
- 6:00 pm End of the workshop.

(**Note:** All times are Mountain Times.)

We limit the workshop to a maximum of 10 people so that all will have a full and rich experience. If you prefer a smaller or one-on-one workshop, please contact us for details.

About us



We are Petra Wolf and Mike Metras, your hosts and pilgrimage walkers. We have walked the Camino de

Santiago several times and walked across America and southern Europe on a pilgrimage to Jerusalem. We have walked on other pilgrimage routes in Spain, Portugal, France, and Italy. We love to walk and we love to share our spiritual, emotional, and practical experiences of walking and of pilgrimage. In 2012 we published our latest book about our pilgrimage to Jerusalem. Learn more about our experiences on PilgrimageCreations.com

Where and when

We give our workshops online via Skype. The next workshop will be **June 22, 2013**.

Fee

Our flexible group-workshop fee is between \$75 to \$100 per person. You decide the right fee for you depending on your budget.

Sign up

Sign up online at PilgrimageCreations.com or call us at the phone number below.

Questions

Please call or write.

☎ **1-505-466-1643**

✉ **PetraW@WalkingWithAwareness.com**

✉ **MikeM@WalkingWithAwareness.com**