

Petra Wolf and Mike Metras

38 Old Road

Santa Fe, NM 87540

About us

We are Petra Wolf and Mike Metras, your hosts. We followed the call of our hearts and walked the Camino de Santiago where we met in 2003.



Since then we have married and walked several pilgrimages in Europe. Most recently we finished a 5,300-mile pilgrimage journey from California to Jerusalem. For more information visit our webpage.

PilgrimageCreations.com

When and Where

We give our workshops several times a year in the Santa Fe area. Please see extra sheet or our webpage for specific dates.

Fee

Our flexible fee is between \$100 to 150 per person for a group workshop (see Program). You decide the right fee for you depending on your budget.

Sign up

To sign up for the workshop, fill out the sign-up sheet and send it to us. We will send you confirmation with directions and what to bring along. You can also enroll by sending us an email with all the signup information.

Questions

Please call or write

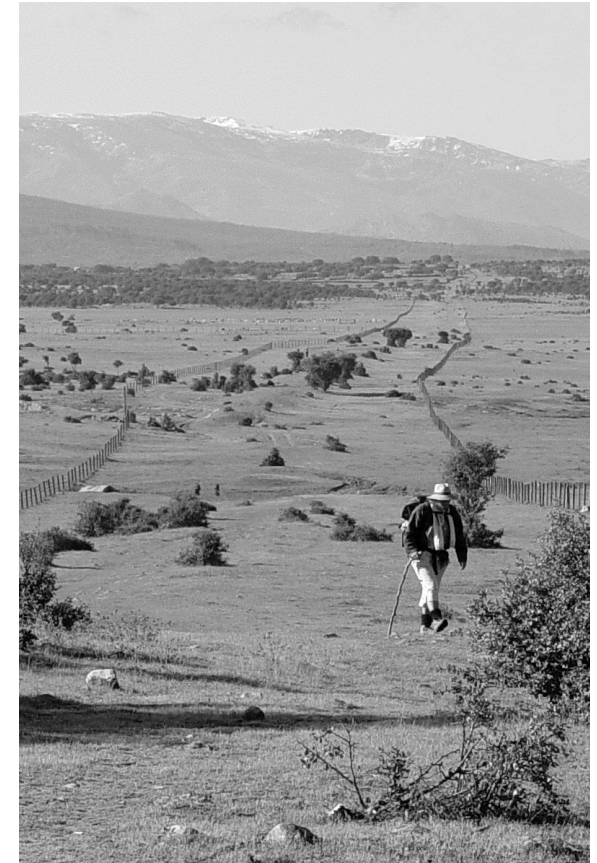
☎ **1-505-466-1643**

✉ ***PetraW@WalkingWithAwareness.com***

✉ ***MikeM@WalkingWithAwareness.com***

Walking the Camino de Santiago

Spiritual and practical preparation
for a life changing walk



The Workshop

Spiritual and practical preparation for a life changing walk

Pilgrimage begins in the heart and with the first steps into the unknown. That you are considering this seminar means you have already started. The essence of the Camino de Santiago is the encounters with yourself and the universe while you are walking step by step along the way.

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 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 to help you through difficult times on your walk.

We talk about walking long distances and how each of us, no matter our age or physical condition, can at our own pace. We also practice slow walking, a help against hurting feet.

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. We hope to see you soon.

Program

Our workshop includes lectures, exercises, and meditation. We also offer this workshop for smaller groups and one-on-one.

Friday Evening

7:00 pm Hear the call and follow your heart
Camino de Santiago in slides
(1.5 to 2 hours with questions)

Saturday

8:45 am Arrival
9:00 am Welcome and Introduction.
9:45 am Pilgrimage begins in the heart.
Presentation and individual reflection.
11:15 am *Break.*
11:15 am Practical matters – luggage, walk,
housing, etc.
12:30 pm *Lunch break, Potluck-*
1:30 pm Introduction to slow walking.
2:30 pm Fears, challenges, and crises.
Presentation and individual reflection.
4:00 pm *Break.*
4:30 pm Pilgrim's pharmacy—spiritual luggage.
Review and open questions.
6:30 pm End of the workshop.

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.

Sign Up

I sign up for the workshop and send this to us or send us an email with this information.

Date _____

Name _____

Street _____

City _____

State/Zip _____

Phone _____

Email _____

I pay a fee of \$ _____
(\$100 to 150 up to you) by

_____ check or

_____ Paypal.com
(To mikem@WorksAndWords.com)

The fee includes only the cost for the workshop and handouts.

Signature _____ Date _____

