

Petra Wolf and Mike Metras

292 Cheyenne Drive

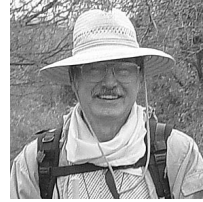
Paso Robles, CA 93446

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 parts of

the Camino twice again. Later we walked the Via de la Plata Camino from Seville to Santiago and in a recent pilgrimage we walked from Germany to Rome. After four years in Europe and India we have moved to California to bring some of the joys and insights of this European pilgrimage experience here. For more information visit our webpage.



www.WalkingWithAwareness.com

When and Where

The workshops take place several times a year in different locations. Please see extra sheet or on our webpage.

Fee

Our flexible fee is between \$150 to 200 for a 2- day, group workshop. You decide the right fee for you depending on your budget.

Sign up

Please fill out the sign up sheet and send it to us. We will send you confirmation and lodging information.

Questions

please call or write

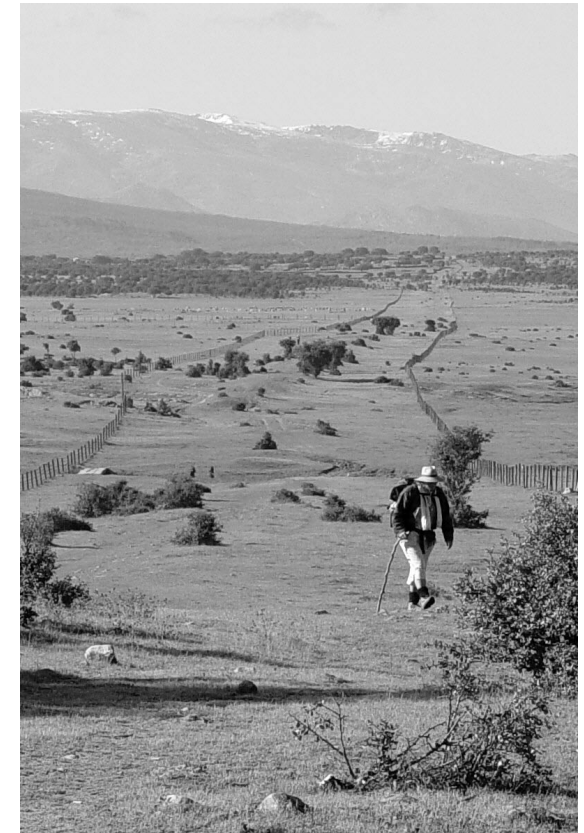
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Walking the Camino de Santiago

Spiritual and practical preparation
for a life changing venture



The Workshop

Spiritual and practical preparation for a life changing pilgrimage

Pilgrimage begins in the heart and with the first steps into the unknown. The essence of the Way of Saint James is the encounter with and between yourself and God as you walk step by step along the path.

This workshop encourages you become more aware of your "call" and motivation for going on your pilgrimage. We encourage you to embrace your fears and emotional feelings about the walk as gifts to help you to discover new insights. We also want to support you by helping you to decide what things to take along and to help you discover and celebrate the gifts of the joys, doubts, crisis, and fears that will surely come up before and as you walk.

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 walking long distances and how each of us, no matter our age or physical condition, can walk when we find our own pace. We also practice slow walking, which can help much when your feet are hurting. We show you how you can use this slow walking as a meditation art that can help you see the world with different eyes.

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

Program

Our workshop includes lectures, exercises, and meditations. This is a sample weekend program. The actual times will vary from workshop to workshop. We also present this as a one- and one-and-a-half-day workshop.

Friday Evening

6:00 pm Greeting and introduction
7:00 pm Hear the call and follow your heart
Way of Saint James in slides
9:00 pm *Retire.*

Saturday

9:00 am Pilgrimage begins in the heart.
Presentation and individual reflection
10:45 am *Break*
11:00 am Practical matters – luggage, walk,
housing, etc.
12.30 pm *Lunch break*
1:30 pm Introduction to slow walking
2:30 pm *Coffee break*
3:00 pm Fears, challenges, and crises.
Presentation and individual reflection
5:00 pm Open time
6:00 pm *Dinner break*
7:30 pm Pilgrims pharmacy—spiritual luggage
8:30 pm *Open time.*

Sunday

6:30 am four-mile pilgrimage walk, the first steps
9:00 am *Breakfast break*
10:00 am Review, final thoughts, open questions.
12:00 pm End of the workshop.

We limit the workshop to a maximum of 20 people so that all will have a full and rich experience.

Sign Up

I sign up for the workshop on the

Date _____

Name _____

Street _____

City _____

State/Zip _____

Phone _____

Email _____

I pay a fee of \$ _____
(\$150 to 200 up to you) by

_____ check or

_____ Paypal.com.

The fee includes only the cost for the workshop. Room and board I pay separately.

Signature _____ Date _____