

# Rest & Renew



April 14- April 16, 2023  
Joyful Journey Hot Springs

In the heart of the San Luis Valley, nestled against the Sangre de Cristo Mountains lies the healing waters and sacred land of Joyful Journey Hot Springs. Time slows and becomes spacious as you take time to pause, reset, and connect with the natural world and yourself. With plenty of free time, this retreat is for you.