

May 13-15

REST & RENEW

an annual retreat

Joyful Journey
Hot Springs Spa



YOGA

Deepen your connection to your practice with daily meditation, vinyasa & restorative yoga classes led by Angie & Diana

LODGING

Comfortable and serene the lodges rooms at Joyful Journey have private baths and an outdoor patio.

MEALS

All meals are included with many ingredients grown on site. Vegan, gluten free and vegetarian options are available

LET TIME BE SPACIOUS

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.

