



CAMINO YOGA RETREATS
MINDFUL HIKING

March Newsletter



Feed Your Camino Spirit

As spring approaches, there's often a quiet sense that something is shifting. The Camino can begin like that too — not as a plan, but as a nudge, a story, or a thought that keeps returning.

This month, we're sharing a few films and books that capture that spirit of the journey before the journey.



Camino Books to Deepen the Journey

Walking With Sam - Andrew McCarthy

One of our favorite Camino memoirs, this book chronicles Andrew McCarthy's journey on the Camino with his then 18-year-old son, Sam. It's filled with candid conversations about family, fame, and their relationship as they navigate both the trail and the tender space between father and son.

The Way, My Way – Bill Bennett

A down-to-earth and often humorous account of an ordinary person walking the Camino with skepticism, curiosity, and an open mind. Honest, relatable, and quietly moving.

Restoring Joy – Colleen O'Toole – *Our April Author Event*

Written by a dear friend of ours, this deeply honest and heartfelt memoir follows Colleen's pilgrimage on the Camino and the unexpected inner transformation that unfolded along the way. It is a story of courage, reflection, and the quiet ways joy can

return — even after profound loss. The memoir includes tender themes of loss, while ultimately offering a powerful message of healing and restored joy.

Join Us in Conversation

April 8th, we'll gather with Colleen for a virtual author conversation.

It will be an intimate evening of reflection and connection. We would be honored to have you join us.

Registration is now open.

[Reserve Your Spot](#)



Camino Films to Inspire Your Journey

The Way

A father walks the Camino after the death of his son and discovers friendship, challenge, humor, and unexpected inner change. This film has quietly inspired many pilgrims long before they ever arrived in Spain.

Walking the Camino: Six Ways to Santiago

A documentary following six real pilgrims walking for different reasons — grief, transition, healing, curiosity. It beautifully shows both the physical and inner journey. Our friend Annie O'Neil is one of the pilgrims featured in this film.

Phil's Camino (by Annie O'Neil)

A moving story about Phil's pilgrimage while living with cancer, reflecting resilience, courage, and how the Camino can open unexpected doors.

These stories remind us: the Camino isn't only about reaching Santiago — it's about what unfolds along the way.



With our friend and filmmaker Annie O'Neil in Santiago de Compostela

The Camino Begins Before Spain

Many pilgrims describe the beginning of the Camino not as a date on a calendar, but as a quiet inner stirring.

Author Alexander John Shaia, in *Returning from the Camino*, reflects on the deeper reasons people walk — the unspoken longings, the transitions, the questions that don't have tidy answers. His words remind us that pilgrimage often begins when something inside us is ready to shift, even if we don't yet know what that shift will look like.

I am walking because...

Reflect on the reason(s) you are walking the Camino. Make a list as long as you wish. You may be dealing with health issues or feel in your prime. You may have recently lost a job or are about to begin a new one. You may have experienced the end of a marriage, or you may be a newlywed. Then again, maybe that spark in life has dimmed, or you are seeking a renewed sense of meaning and purpose.

Before you walk, it is not important to know the reasons, or be able to clearly define what you want to change. Clarity usually arrives as you walk or when you come to the end of your walking. At the beginning, all you need to know is that you are seeking something.

Yes, some begin the Camino on a lark, as a walking holiday or an adventure trek. But these accidental pilgrims often find the Camino impacting them more than they expected.



However the Camino is showing up for you right now — as a plan, a dream, or just a feeling — we hope these stories keep that spark alive. As I write this (Laura), I'm preparing for time in Africa — another place that reminds me how stepping out of routine opens us in unexpected ways. I'm looking forward to sharing some reflections when I return.

**Buen Camino,
Laura & Sarah** 🧡

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