

## WHAT IS THE COST

The costs includes accommodations for six nights, all meals and snacks (no alcohol is provided), guidance on trail, discussion guide questions, and a personal journal. Cost does not include transportation to / from the retreat site.

The shared room option costs \$1,300  
The single room option costs \$1,500

For the best experience for participants, the retreat is limited to less than 10 people each week. Reservations taken on first-come, first-served basis. Reserve your spot today!

## HOW TO REGISTER

Register online by the regular registration deadline of October 10, 2017. After that date, there is a \$100 late fee until the extended deadline of October 17, 2017.

There are limited single rooms available. If you prefer your own room, *reserve early!*

A non-refundable deposit of half your registration fee is needed to hold your reservation. Your balance is due one week before the retreat.

Fill out the online form and then follow the prompt to pay via PayPal.

Register today:  
[awaytoforgiveness.weebly.com](http://awaytoforgiveness.weebly.com)

*Look deep into nature and then you will understand everything better.*  
Albert Einstein

# FACILITATOR



*Erin R. Dooley*

After her 12-year marriage ended, Erin walked 550 miles across Spain on the Caimino de Santiago.

Her documentary film "A Way to Forgiveness" tracks her journey of healing and forgiving. She tours with the film, giving talks on forgiveness.

She then hiked the 85-mile Wicklow Way in Ireland and filmed a four-part series on the benefits of hiking called "Wander on Purpose."

Erin is determined to help those going through life transitions to heal through hiking. The *Hiking Through Healing* retreat is a way to recreate the environment that was so instrumental in her healing as a way to help women who are dealing with the end of a long-term relationship.





# Hike

# Think

# Heal

## WHAT IS THE RETREAT

Studies have shown that spending time in nature is as good for the mind as it is for the body. Time spent in solitude to contemplate can be helpful in healing.

The *Hiking Through Healing* retreat is an opportunity for women who would like to heal from the end of a long-term relationship to spend a week hiking in nature, taking time to be alone, and also time sharing with others in similar situations.

*The retreat is not a replacement for therapy or counseling. Participants are encouraged to seek out those resources if needed.*

## WHO SHOULD ATTEND

Women who have gone through or are going through a divorce, broken engagement, or the end of a long-term relationship and are ready to heal. If you would like to get past the hurt and, perhaps even work on forgiving what happened, this retreat is for you.

## WHAT TO EXPECT

Each day we will spend 5-6 hours on a hike guided by the facilitator. There will be opportunities for participants to hike in solitude as well as with others.

Lunch will be provided on the trail. Breakfast and dinner are provided at the retreat home.

There will be time for journaling and evening group sharing time.

## WHERE WE STAY

The retreat is held in beautiful Big Bear Lake, CA. During November the weather is in the high-70s during the day and 30s at night.



All indoor activities are held in the retreat home. There are shared room or single room options.

## WHERE WE HIKE

All trailheads are in Big Bear Lake, CA.

We will hike a new trail each day and trails will vary in difficulty. Participants should be physically fit enough to walk 3-6 miles.

A first aid kit will be carried by the facilitator. Snacks and lunch are provided. Participants carry their food each day in their pack.



*May your search through nature lead to yourself*

## DATES

**November 3-9, 2017**

Arrival between 3-6 pm on day 1. Depart around 2pm on last day. It is a six night, seven day retreat.

*Check the website for new dates as additional retreats are added.*

## WHAT TO BRING

- Hiking shoes/boots
- Hiking socks (suggested 2 pairs/day)
- Water bottle
- Hiking backpack
- Sun hat
- Sunscreen
- Bug spray
- Hiking clothes
- Hiking poles (optional)
- Clothes for evening
- Pen

## CONTACT

Contact Erin Dooley at [dashentertainment@mail.com](mailto:dashentertainment@mail.com) with any questions.

To register, visit the website: [awaytoforgiveness.weebly.com](http://awaytoforgiveness.weebly.com)

Please advise if you have any dietary restrictions.