

Psyche Hike® is a walking/hiking meditation that enhances physical, mental, and spiritual well-being. It is especially effective for those who find it difficult to sit still long enough to reach a meditative state. Led by Dr. Audrey Boxwell, an expert in the mind body connection, you will silently explore Colorado's spectacular landscape discovering as you go how to move with the natural world rather than through it. As stress and "mind chatter"

disappear, you'll begin to experience a deep connection between the outer beauty of your surroundings and the inner beauty of your soul. You will reconnect with yourself on a deep level, becoming conscious of buried dreams and desires. You will feel calmer and be able to think more clearly. Over the course of a two-to-three-hour journey, Psyche Hike's powerful integration of exercise and meditation will restore your strength, renew your courage, and clear a path for you to begin making positive life changes.

For hike details, call 303-618-0681
or email Dr.Audrey@psychehike.net



PsycheHike®

Psyche Hike®
is being offered
through Colorado
Free University
from June 8th
through August 31st.
Register at
www.freeu.com or
call 303-399-0093.



Psyche Hike® will
also be offered at
Camp Experience™
a luxury retreat for
amazing women,
September 15-17, 2009.
See more details at
[Camp Experience.com](http://CampExperience.com)
or call 720-200-0271.

