

Men's Heart Project Events

Saturday February 25th 9am-4pm *Healing In Wholeness Hike*

All-Day Event

Facilitated by Michael Pellegrino

A Return to the Sacred Journey

When: Saturday, **February 25th**, From 9am-4pm(Please arrive a bit early and no later than 9am)

*This is a 6.5 mile (round trip) hike down into the canyon and back. (learn more by clicking the link below)

Where: Sycamore Reservoir Trail <https://hikearizona.com/decoder.php?ZTN=454>

There is the option of meeting at the trail head (directions below) at **9am** or join a car pool from in front of the Trader Joe's at the southeast corner of Grant and Swan at **8:10am**.

The Sycamore Reservoir Trail is up the Catalina Highway. I'd really like to share this hike with everyone because it really feels like you're descending into sacred journey as you travel down-rest and practice together at the bottom with water, trees and grass, then, with the return ascent- there's truly a sense of closure as we return to the top.

Directions:

Take the Catalina Highway up the Catalinas and just past mile marker 7 hang a left into Gordon Hirabayashi Recreation Area (Old Prison Camp). Drive straight down to the parking lot at the end of the road and park. We'll meet there. Give yourself at least 45 minutes from the middle of town.

What to bring:

Enough water for a full day, lunch, snacks. Proper foot wear and clothing. Yoga mat is *not* required.

What it's about:

A Return to the Sacred Journey is designed around a hike to offer an opportunity for us (men) to really disengage, from the day to day mind habits and drop into an authentic relationship with ourselves, each other and the natural world around us. This is a chance for us to come together in a profound way to find healing and to promote change by acknowledging, honoring and tending to what is meaningful and authentic within ourselves.

We will start the hike by orienting to the environment, clearing away the past and honoring ourselves, nature and the 4 directions. Through the remainder of our journey we will practice *hiking* meditation, conscious communication, self-inquiry, reflection, Eye (Soul) Gazing, Tonglen, and perhaps some yogic warrior energy practice-all in one afternoon hike!

Simply put, it's about dropping out of the head and into the heart.

Suggested donation: \$15

To register email Michael at rolfmovement@hotmail.com