



# Women's Weekend Retreat

September 7 - 9, 2007

Share a weekend of physical, spiritual and emotional rejuvenation at . . .

## The Mountain Retreat & Learning Center

Located 4 miles from Highlands, North Carolina ~ Overlooking the beautiful Blue Valley of the Blue Ridge Mountains. Enjoy cozy cabins ~ Spectacular views ~ Great food and more!  
Voted one of ten great places to renew the soul ~ USA Today.

Come together for inspiring nature hikes in the surrounding Nantahala National Forest and share experiences in community with new friends at The Mountain ~ a great place for a peaceful weekend.

Nestled atop a granite overlook at 4200-feet, our retreat center summit offers a cozy and scenic setting among rare, ancient oaks. Step outdoors into the cool, mountain air and leave the distractions of daily life behind! Enjoy healthy meals, a labyrinth stroll, glorious sunsets and incredible stargazing from our 4-state view/4-story tower! Share stories, song and laughter around a blazing campfire. Plus, we will have lots of opportunities for creative play . . . with plenty of quiet time for reflection and renewal.

Cost includes meals, lodging  
and program . . .  
**\$138**

Open to Women of all ages.  
Hikes are moderate and optional.

Questions?? Email Alisa Pykett at  
[alisa.pykett@mountaincenters.org](mailto:alisa.pykett@mountaincenters.org)  
For more info: [www.mountaincenters.org](http://www.mountaincenters.org)

Call and register today!!! 828-526-5838 ext. 0

The Mountain Retreat & Learning Center, Inc.

~ energizing people for generations to come ~

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