



Personal Retreats

Spiritual Renewal & Rest

Voted by *USA Today* as one of ten great places to renew the soul.

The Mountain invites you to explore connections with your inner spirit and the natural world in the inspirational beauty of some of the world's most ancient mountains. Gain new perspectives from these spectacular 4200' high vistas. Experience the splendor of nature's glory, sit on Meditation Rock or by our peaceful lake, or walk on one of our many wooded paths.

Take time to reflect, journal, meditate, pray in the serenity of our non-denominational chapel and participate in the ancient spiritual practice of walking the Labyrinth.

Those who choose to retreat in silence may request a *"Silence is Golden"* name tag.



Daily Rate: \$65 per adult (includes lodging & all meals)
\$23 per youth (sharing room with adult)

At times, guests may join in select programs for a fee determined by Program Director

Call or email our Guest Services Office for your reservation.

Reservations may be made on a space available basis.



The Mountain

Retreat & Learning Centers, Inc.

P.O. Box 1299 • Highlands, NC 28741

Phone: 828-526-5838 • Fax: 781-846-1295

info@mountaincenters.org • www.mountaincenters.org

energizing people for generations to come