

*"Learn about a pine tree from a pine tree."*

Basho

**NEW MEXICO MEN'S WELLNESS INVITATION TO JOIN DOUG BOOTH AND MARK PUGSLEY FOR THIS YEAR'S SPRING RETREAT**

**"AWAKE IN THE WILD"**

***April 7 through April 9 at Hummingbird Music Camp, Jemez Springs***



No, "Awake in the Wild" does not refer to double cappuccinos served at breakfast. It is the title of a book by Mark Coleman, which we highly recommend to you\*. The spectacular Jemez Springs forest affords a magnificent venue for this "Practice of the Wild"~.

Much can be learned from Wilderness when we remain open and inquisitive. Much of our sense of alienation today can be traced to our "disconnect" from the natural world and its wisdom. We may find that the majesty of Battleship Rock at Jemez is equally as wondrous as the trail of a garden snail or the antics of a grasshopper – if we look deeply.

During this weekend we will explore our inter-connection with nature, and reawaken our sense of wonder. Our practices will provide an opportunity to regain perspective in these challenging times.

*"Four billion years ago the earth was a flaming ball, now it can sing opera."*

- Brian Swimme



We will start each morning with Chi Gong and meditation as a means of clearing our minds and opening our hearts. Then we will engage in practices, which

foster deep awareness and connection with the woodlands, mountains and rivers surrounding Hummingbird, both individually and in small groups.

Saturday night's campfire ceremony will be facilitated by master fire-starter, Joseph Woods. After this there will be Wild drumming and dancing around the fire. There will be hikes to hot springs with free time to play music, play games, make art and relax.

*"And this, our life, exempt from public haunt, finds tongues in trees,  
books in running brooks, sermons in stones, and good in everything."*

- Wm. Shakespeare, *As You Like It*



**Registration** and room assignments will be between **4 and 5:30 pm** Friday evening with our potluck dinner at **6**. We are at the North Campus. Feel free to come to Hummingbird **anytime** on Friday and enjoy the land. Accommodations are double rooms (you can visit the new website to view the rooms at [hummingbirdcamp.com](http://hummingbirdcamp.com) - **North Campus**).

In an effort to encourage all to attend, there are **scholarships** available for those in need. Call Doug at (505) 470-4026 with this or any other questions.

The cost of Hummingbird meals for the weekend is \$39. There is a \$10 bedding charge, unless you bring your own linens or sleeping bag and pillowcase. You may also bring a tent or sleep in your camper for \$10 per day (expect freezing temperatures in April at this elevation). Also, bring your own towel. Further detailed information will be sent one week prior to the retreat.

**Friday night we will have our traditional pot-luck meal starting at 6.** Please bring **HEALTHY** food to share. **Bring either a main dish, vegetable dish, or desert.** All other meals will be served by Hummingbird. You may choose vegetarian and/or gluten-free food options.

Please either opt-in or out of **ALL** Hummingbird meals. If opting-out, bring your own food, pots and pans. We will provide flatware and a fridge is available.

**We urge you to consider inviting a young man or men to this gathering.** There will be a special small group for younger men, like last year.

Emergency numbers for Hummingbird, (575) 829-3060 or (575) 829-4227 (don't count on cell phone coverage in the Jemez)

\* *Awake in the Wild*, Mark Coleman, New World Library

~ *The Practice of the Wild*, Gary Snyder known as the "Poet Laureate of Deep Ecology", Counterpoint Press

**SPRING RETREAT 2017 REGISTRATION FORM**

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Emergency Contact & Phone: \_\_\_\_\_

Roommate Request (of any): \_\_\_\_\_

(Note: All rooms contain two beds. Depending on registration, some single-person rooms are likely to be available. Rooms are first-come-first-served on arrival.)

**Accommodation and Meal Choice Costs** (enter and total as appropriate):

**Sleep Accommodations:** Dormitory (\$60) or Sleep in your own tent or camper (\$20) \$60 or \$20: \_\_\_\_\_

**Meals \*\*:** Hummingbird meals (Sat. + Sun. through Lunch (\$39) or I will bring my own food (\$0) \$39 or \$0: \_\_\_\_\_

**Mandatory charges** for insurance and supplies \$12     \$12    

**Optional:** Linens and Towel from Hummingbird \$10 \_\_\_\_\_

**Optional:** Donation to NMMW Scholarship Fund Your choice: \_\_\_\_\_

**Optional:** Donation to NMMW General Fund Your choice: \_\_\_\_\_

**Total Enclosed** \$ \_\_\_\_\_

\*\*: Food Preference choices for Hummingbird Meals:

Standard \_\_\_\_\_/ Vegetarian \_\_\_\_\_/ Gluten Free \_\_\_\_\_.

If opting out of meals, you must bring your own food and pots and pans. We will provide flatware and a fridge is available.

Please send your completed registration form and check (payable to NM Men’s Wellness to:

Doug Booth  
124C La Cueva Road  
Glorietta, NM 87535

Contact information for questions or comments:

Doug Booth [dougbooth4@gmail.com](mailto:dougbooth4@gmail.com) (505-470-4026)

REGISTER SOON TO RESERVE YOUR PLACE!  
SEE YA THERE!

*“The Wilderness holds answers to more questions than we yet know how to ask.”  
Nancy Newhall, This the American Earth*