



# HONORING SPIRIT: A SUMMER SOLSTICE RETREAT

JUNE 20-21, 2024

Welcome to our Summer Solstice Retreat, where the vibrancy of summer, the healing power of nature, and the ancient wisdom of herbs and ritual all come together. Throughout the world and across time, the summer solstice has represented a time of transition, the celebration of abundance, and embracing the fire within us. Whether you are a nature lover, an herbal enthusiast, or simply want a magical summer experience, we invite you to join us as we gather together on the longest day of the year at Dr. Low Dog's beautiful Medicine Lodge Ranch in northern New Mexico.



This is a deeply experiential retreat where we explore the historical significance of the summer solstice and its connection to herbalism. Learn the herbs that were used in solstice celebrations, make solar infusions, and smudging sticks from herbs in the garden. Create your Spirit/Medicine pouch, blend your own signature essential oil scent, wander the gardens, and journey through the medicine wheel with a community of like-minded individuals celebrating the joy of summer, the wonder of plants, and the power of personal growth.

Our Summer Solstice Retreat offers an unforgettable experience of communal festivities, solstice ceremony, nature immersion, and herb craft in a relaxed and wondrous environment. The perfect recipe for transformation and renewal. **Cost: \$550**





Coffee, tea, herbal teas, filtered water, fruit, and snacks are available all day. Lunch is provided both days and we can accommodate vegan, vegetarian, and gluten-free guests. If you have dietary restrictions or preferences that go beyond these categories, we encourage you to pack your own lunch. We have a refrigerator and freezer where we can put anything that needs to be chilled.

Note: Please, bring 1-2 small special items that represent something meaningful to you to include in your Spirit pouch.

## SCHEDULE AT A GLANCE

### Thursday 6/20

8:30am: Depart the Rowe Park and Ride  
9am: Arrive at Ranch  
9am-5pm: In Session  
5pm: Depart Ranch  
5:30pm: Arrive at Rowe Park and Ride

### Friday 6/21

8:30am: Depart the Rowe Park and Ride  
9am: Arrive at Ranch  
9am-5pm: In Session  
5pm: Depart Ranch  
5:30pm: Arrive at Rowe Park and Ride



**MEDICINE LODGE RANCH**  
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# Travel Information for Herbal Intensives

**AIRPORTS:** For those traveling by air, we recommend flying into [Albuquerque International Airport](#) (ABQ), renting a car upon arrival, and driving an easy one hour to Santa Fe, NM. There is an airport in [Santa Fe](#) (very small and charming) but flights are limited and often higher priced. As we are located literally off the map, on the mornings of our events, we will gather at a pre-planned meeting spot (about 45 minutes from Santa Fe), consolidate cars, and caravan to the ranch.

**RENTAL CARS:** [Albuquerque rental car center](#) or [Santa Fe Rental Cars](#)

**NOTE:** Ridesharing apps such as Uber and Lyft **are NOT a viable option** for getting to and from the ranch.

**LODGING:** Medicine Lodge is closest to the village of [Pecos, NM](#). There is camping, lodging, and AirBnBs in and around the Pecos Valley area ([Pecos](#), [Glorieta](#), [Eldorado](#)). However, most people choose to stay in Santa Fe which is continually [recognized as a top travel destination](#) and offers a wide variety of options for lodging, restaurants, and entertainment for any budget.

*Feeling adventurous?* Try local [campgrounds](#) and [Hipcamp](#) listings in our area.

*Want to be as close as possible?* Try these inns between Santa Fe and Pecos: [Pecos River Cabins](#), [Bobcat Inn](#),

*Coming with a group?* [Airbnb](#), [VRBO](#), [Flipkey](#), and [AdobeStar](#) offer a few home rental listings nearby or if you prefer the hotel life, [click here](#) to view Santa Fe's most well-reviewed hotels.

***Looking for Luxury Lodging?*** Try Santa Fe's [Four Seasons](#), [Rosewood Inn of the Anazi](#), [Inn of the Five Graces](#), or [Casas de Santa Fe](#).

## FOOD

**Santa Fe** – Evenings in Santa Fe are beautiful and there are loads of fabulous restaurants! [Click here](#) for a great list of some of our favorite places to enjoy dinner after a day at the ranch.

**Albuquerque** – Upon arrival and departure you may want to explore Albuquerque's food options. [Click here](#) for a guide to dining in Albuquerque.

***Looking for food in between the ranch & Santa Fe?*** The tiny village of Eldorado has some yummy options including, including a drive-thru cafe right off the freeway! [Click here for more info.](#)

## EVENTS & ENTERTAINMENT

[Click here](#) for local events and entertainment calendar, and [click here](#) for even more ideas and options. There is no shortage of interesting activities in New Mexico.

## BODYWORK

Looking for a massage or skin treatment? How about a yoga class? Try [The Body](#) or [Ten Thousand Waves](#), two of our favorites places in Santa Fe.

## LOCAL NEWS & WEATHER

Read all about it! The [Santa Fe New Mexican](#) and [Albuquerque Journal](#) are local favorites for the latest happenings and weather reports.

**MORE INFO:** We will be in touch via email with plenty more details as we get closer to your scheduled event. **Until then, [click here](#) for our FAQ.**