



A 40-day program about spiritual fitness and Christian living: mind, body and spirit.

by Anna Fitch Courie

Shrine Mont May 6 - 8, 2016

Rate: Double Occupancy Room \$235

Single Occupancy Room \$275

Rates include 2 nights lodging, 6 meals and the book Christ Walk

Christ Walk - a 40-day program about Christian living: mind, body and spirit. Many Christians struggle with health and illness. Many Christians deeply want to connect their spiritual beliefs to their whole life, but need assistance. There is a mind, body and spiritual connection to health. When we do not approach our health holistically and God-centered, then no medicine in the world will get us well. Christ Walk is a holistic program based on Christian teachings that outlines a path for Christian formation to incorporate mind, body and spiritual activities into practice. This retreat will be led by the author, Anna Fitch Courie, and will incorporate mind, body and spiritual practices into discussion, group activities, yoga, walking and meditation. This retreat is all about incorporating your spirit into your daily practice! Come spend three days focused on your health. Wear comfortable clothes, come prepared to enjoy the beauty of the mountain, and nourish your mind, body and soul. A copy of the "Christ Walk: 40 Day Spiritual Fitness Program" is included in the cost of the retreat weekend. Join us on this journey as we build healthy Christians: body, mind AND soul. #christwalk To learn more about Christ Walk, please check us out on social media at:

www.christwalk40day.blogspot.com; www.churchpublishing.org/christwalk; www.facebook.com/christwalk40day; or on twitter @christwalk1



Name: _____

Address: _____

City: _____

State/Zip: _____

Telephone / Home: _____

Office / Cell: _____

Email: _____

Occupancy: Single Double

Special Requests: _____

For regular updates check here to receive our monthly Shrine Mont newsletter

Make checks payable to Shrine Mont

_____ Enclosed with this registration form is a check for the full payment or advance deposit of \$150 (non-refundable).

Charge my: Visa MC Discover Amex

\$_____ full payment / advance deposit

Number: _____

Exp. Date: _____ Code: _____

Mail Registration Form to:

Christ Walk

c/o Shrine Mont

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