



SPIRIT JOURNEY

THE WAY OF WATER

July 14-19, 2025

An immersive, nature-rooted retreat through sacred waters, ancient forests, and Northern Michigan's wild soul.

This is a calling to the ones who feel the pull of the wild.

To those who know there is something sacred in the trees, in the trembling waters, in the silence between stars.

This journey invites you to rediscover your essence through ceremony, exploration, and community—crossing the Mackinac Bridge into sacred lands, wandering historic Mackinac Island, witnessing the roar of Tahquamenon Falls, and marveling at the glow of the moon over Lake Superior.



A RETREAT THAT WILL REWILD YOUR SPIRIT

- Mackinac Island day trip (bikes, hiking, Grand Hotel tea)
- Sacred Water visits: Tahquamenon Falls, Manistique River, the Great Lakes
- Music, storytelling, and celebration with soul family
- Forest explorations, land tours and fireside gatherings
- Lodging, food, and local transportation included
- Guided nature immersions, sound healing, and community circles

This is a portal — for those ready to rewild their spirit, to walk with mystery, and to be transformed by ceremony, sacred waters, and the deep stillness of the forest.

Come if you *feel* it.

Come if something in you has been expecting miracles.



RETREAT FLOW

This itinerary gives us a shared rhythm and a theme for each day, but we'll stay flexible and follow the flow of the group, the land, and whatever magic shows up. Plans may shift—and that's part of the beauty. Come ready to be present, adaptable, and open to the flow of the moment.

Day 1 — Tuesday, July 14

Base: St. Ignace

Theme: Arrival & Grounding

- Cross the Mackinac Bridge into the U.P.
- Check-in to yurts or hotel rooms
- Opening Circle & orientation
- Visit Castle Rock (\$1 entry)
- Picnic lunch with local pasties
- Shopping for supplies
- Evening rest or light community time

Day 2 — Wednesday, July 15

Base: St. Ignace

Theme: Island Portal

- Morning Circle
- Ferry to Mackinac Island (bike - \$16/hr, carriage -\$60/person, or horseback - \$70/hr)
- Optional high tea at the Grand Hotel (\$65/person)
- Optional tour of Fort Mackinac
- Optional butterfly pavilion
- Explore nature, shops, island history
- Return ferry to St. Ignace
- Evening Circle

Day 3 — Thursday, July 16

 *Transition to Helmer*

Theme: Movement & Music

- Morning Circle
- Drive to Helmer (~2 hours)
- Settle into lodging (on site or at nearby hotel or rentals)
- Fun in the yard and on the lake
- Optional kayaking adventure on the Manistique River
- Community dinner and celebration
- Evening Circle on the beach, the deck or by the fire

Day 4 — Friday, July 17th

 *Base: Helmer/Newberry*

Theme: The Great Flow

- Drive to Tahquamenon Falls (~1 hour)
- Hike 4-mile River Trail from Lower to Upper Falls
- 🌿 Ceremony
- Meditation at the top of the falls
- Dinner at Tahquamenon Falls Brewery & Pub

Day 5 — Friday, July 18th

 *Base: Grand Marais*

Theme: Earth Adventure & Lake Magic

- Morning Circle
- Group hike or ATV ride (\$449/day) to Sable Falls & Grand Marais Log Slide
- Swimming in Lake Superior and rock hunting
- Whitefish dinner, optional stone hunting
- Fire with music and friends
- Overnight in Grand Marais

Day 6 — Tuesday, July 19th

Departures

Theme: Farewell & Integration

- Final Morning Circle
- Breakfast at the Historic Helmer House Inn
- Optional group stop in Newberry. AI generated video/photo slideshow shown at movie theater.
- Coordinated departures or shuttle back to St. Ignace or downstate.

HOME BASES

St. Ignace

- Beautiful lake front town and doorway to the Upper Peninsula.
- Various places to sleep comfortably including a camp ground with yurts and rooms at the hotel.
- St. Ignace and Mackinaw City are the closest places for grocery items not available in the smaller towns. Essentials like eggs bread and milk are available at almost every gas station.

Grand Marais

- Magical waterfront town on Lake Superior
- Excellent beaches, sand dunes and waterfall. Perfect for exploring nature.
- Least ability to shop for supplies.
- House can sleep 6-8 people (with sharing), camping spots are available and camping spots.
- Sleeping bags + blow up mattresses will be helpful. Tents can be setup in the yard if required.

Helmer

- Home base, small town surrounded by small lakes and forest.
- Plenty of places to sleep in the homestead, tine house, and nearby deer camp cabin.
- Few places to resupply though the local gas station is well stocked as a small grocery store.
- Access to pizza and ice cream from basically every direction.
- Laundry service available.

PACKING LIST

There will be opportunities to purchase food and some supplies will be available.

- Toiletries
- Phone charger
- Sunscreen
- Bugspray
- Water bottle
- Swimsuit
- Light clothes + layers
- Long sleeve shirt
- Backpack
- Good shoes for hiking
- Water proof/wind proof jacket
- Sleeping bag
- Sunglasses
- Towel

Optional:

- Musical Instruments
- Workout gear
- Yoga Mat
- Games

Laundry service will be available at the Helmer base.

TRAVEL

We start our Journey in St. Ignace. The most affordable places to fly into Michigan are downstate in Detroit. We can arrange to pickup people at the airport, or have people carpool and drive up to St. Ignace together. If you're driving from Colorado you may want to come in a day or two in advance and stay with us in Helmer and travel as a group to St. Ignace. We will have a shuttle to transport people once the retreat begins.

Please communicate your travel plans with the event organizers so we can make sure we know when/how everyone is arriving.

CONTACTS

Joshua Miller will be the main point of contact for any emergencies that may occur.

His phone number is: (720) 645-4591

Isaac Miller contact info: (720) 645-4584

You will also have access to the What's App Group once you are confirmed as attending.