

# Download Sacred Journey Of The Peaceful Warrior Study Guide

Set in a secluded valley beside an enchanting stream in the heart of the Catskill mountains, Menla is a hidden oasis, featuring spiritual and wellness retreats as well as exclusive getaways and the world-class Dewa Spa. Dan Millman is a former world champion athlete, university coach, martial arts instructor, and college professor. After an intensive, twenty-year spiritual quest, Dan's teaching found its form as the Peaceful Warrior's Way, expressed fully in his books and lectures. In our introductory programs, everyone receives the basic tools for traveling the path of meditation. Such programs typically include open talks, meditation practice, group discussions and personal interviews. Smudging is the ritualistic burning of herbs and plant resins in a shell or clay bowl while prayers of gratitude and wellbeing are said aloud., Sacred Journey Of The Peaceful Warrior Study Guide.

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