

SWEET INSPIRATIONS

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Fall Mountain Retreat in Vail a Magical Weekend!

Over 35 people gathered in at the Sonnenalp Hotel in Vail, CO over the Columbus Day weekend to participate in the 16th annual Fall Mountain Retreat. It was nothing less than heavenly. Great people, great food, great music, great time for self-reflection... Here are some comments:

"I'm still floating around from the Vail gathering!! It was another magical moment with super cool people, lots of loving spirit, beautiful music and soulful inspiration. I am so happy to meet so many beautiful people and will remember fabulous times together. Thank you Luke for making this all happen!! So wonderful to be in your presence and all others who made it all connect together -- making a truly soul family! Thank you Luke for welcoming me and everyone into this family of heart! Truly so thankful and happy to be there this year! A most beautiful time and now a precious memory."

—Jeanine, Albuquerque, NM

"Thank you for a delightful week-end. Vail was incredible. The hotel was the nicest resort I have ever had the privilege of staying at; they are amazing at meeting all the details. You certainly know how to pull all the details together and get the most bang for the buck. You run a first class business and give us an ideal to strive toward. I am filled with gratitude for your generosity with me."

— Ann, Tampa. FL

"Thank you again for such a wonderful retreat. It was amazing and I am so thankful for the insight I received during our time together. I loved the meditations and the forgiveness exercise was beneficial for all of us. Thank you for making the world a better place and inspiring others to do the same. Best wishes and in peace," ☺ —Julie, Columbus, OH



Jessie Burns on Fiddle, Annie Sirotniak on guitar (and Diane Phillis on Bodhran)

We were very fortunate to have not one but two concerts. On Friday night, Jessie Burns and Annie Sirotniak played some Irish Music and On Saturday night Dan Sebranek (and his lovely wife, Mary Cortesi) brought the house down with an incredible night of blues, folk, and jazz.



Spirit of Ireland Tour Alumni Reunion

Over the past several years, the Fall Mountain Retreat has become a reunion of sorts for the alumni of the five Spirit of Ireland pilgrimages. This year was no exception. In between the sets of music during Dan and Mary's concert, everyone came up to be included in this year's first Leprechaun alumni photo...



Ron, Cyndie, Patty, Fiona, Brian Luke, Mary Beth Rick, Dan, Jeanine, Annie, Kim, Diane, Sue, Connie, Bob, Mary, and Andie



Rumor has it we will return to Estes Park next fall for the 17th annual Fall Mt retreat...

2015 Retreat on Lake Como, Italy September 2015

Tuscany is nice (so is Postitano and Cinque Terra), but for decades I have wanted to see the Lake Region of Italy and become mesmerized by the snow-capped mountains that surround the alpine resorts of Como and Bellagio. I just returned from a scouting trip to Bellagio... Moma Mia! Next year's Spirit of Italy tour will travel to Lake Como as plans are underway to return to Italy for *the Eat, Walk Meditate* workshop retreat now scheduled for late September 25- Oct 3, 2015. More Details soon. But in the mean time, if interested please let me know and mark your calendars for the last week of September, 2015



Stunning views of Bellagio and Lake Como of Italy from our hotel



We will spend four nights in Bellagio soaking in the beauty of Lake Como



Our trip to northern Italy also includes day trips to the Dolomites and Venice

Back here in Colorado, we have had a most incredibly warm fall and the colors of the trees have been nothing less than amazing...



Well, That's all the news that's fit to print this time around... Thanks, as always for keeping in touch, and I hope to cross paths down the road...

Best wishes and inner peace,
"Luke"

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