

## Navajo Peak Lodge Project Narrative

Navajo Peak Lodge, which is currently two rooms with four beds, will be a farm to table bed and breakfast. It is ideally located near the South San Juan National Forest. The idea came about through 20 years of observing patients. Our society is stressed due to constant connection to the virtual world. We eat poorly and often do not meet the general nutritional needs of our bodies. It is obvious that people have been disconnected and unhealthy, resulting in increased cancer rates and a multitude of other health problems. Navajo Peak Lodge currently has a large functioning greenhouse. Seasonal vegetables will be grown in traditional organic farming methods on site. I'm hoping this will provide a springboard, allowing guests to slow down and check out of the virtual world. All of this, while giving their bodies the proper nutrition and stress relief through immersion in the pristine wilderness trails of the South San Juan's. Other activities for guests could include fly fishing in our local rivers, biking, skiing or any multitude of our other outdoor activities in the area.

As Navajo Peak Lodge develops over time, I would like to host health conscious retreats. These could be small commercial retreats serving as a digital detox, yoga retreats, or host other art and cultural events.