

## Women in the Rockies Wellness Adventure at C Lazy U Ranch

### Sunday Afternoon, September 10, 2017

#### Day One

- 12:00 Check in at Outfitters Cabin
- 1:00 Lunch on the patio  
Introduction to mindful intentions  
*First Food Intention- Leaving Autopilot.*
- 1:30 Introductions, welcome bags, workbooks
- 2:00 INTRODUCTION OF EACH VISITING COWGIRL
- 2:45 What do you hope to accomplish or get from retreat?
- 2:45 BREAK
- 3:00 Mindful Centering Meditation
- 3:15 Stress Management and Mindfulness  
Small Group Exercise
- 3:45 Connecting with Your Horse
- 4:15 Review of Group Communication Guidelines
- 5:00 Check into rooms/ time to relax/ take a nap/ shower/ read/ explore  
Who's riding and who isn't..... Sign up for hiking
- 6:30 Socializing in the lodge followed by dinner upstairs.  
*Second Food Intention- Gratitude*
- 7:00 Dinner in the Lodge at Our Tables  
End of day optional activities to hot tub, unpack and unwind on your own  
Announcements for Tomorrow

### Monday Morning, September 11, 2017

#### Day Two

- 8:00 Breakfast  
*3rd Food Intention Three Pauses*
- 9:00 Orientation for horsemanship/ grooming/ trail riding  
Meet behind Patio House
- 11:30 Optional stretching with Peggy  
12:00 Free Time to Change Clothes, Rest
- 1:00 Lunch on Patio  
*4th Food Intention- Best Bites First*
- 1:30 Achieving Optimal Health
- 1:45 Centering Meditation
- 2:00 Understanding Your Stages of Change  
Small Group Exercise
- 2:45 Break
- 3:00 Smart Goals-  
Dyads- writing your goal and sharing with partner
- 3:30 Open time- for hike, gym, rest, emails, swim, read, photography, journal  
Ask yourself What do I need now? What do I need to recharge before socializing at the lodge?  
6:30 Social Time at Lodge  
*5th Food Intention Plate Size*
- 7:00 Dinner at the Lodge
- 8:15 Branding in front of lodge

Story telling

## Tuesday Morning, September 12, 2017

### Day Three

- 8:00 Breakfast  
6<sup>th</sup> Food Intention EAT SLOWLY
- 9:00 Groundwork with your Horse.  
Who is moving who's feet?  
Safety on the ground
- 9:45 Trail rides for two groups
- 11:45 Return from ride  
Optional Stretching with Peggy
- 12:00 Free Time to Change Clothes, Rest
- 1:00 Individual Silent Lunch  
*7<sup>th</sup> Intention Commit to three meals daily*  
What insights did you discover about your eating?
- 2:00 Regulating Your Emotions as Stress Management Tool
- 2:30 Building a Positive Inner Voice
- 2:50 Break
- 3:00 Small Group Exercise
- 3:30 Open time
- 6:30 Cook out on the Patio
- 7:00 *8<sup>th</sup> Food Intention- Savor and Chew Each Bite* Dinner at the Lodge-  
After dinner- Cowgirls Poetry Reading in Lodge

## Wednesday Morning, September 13, 2017

### Day Four

- 8:00 Breakfast *9<sup>th</sup> Food Intention- Emotional Eating*
- 9:00 Mindful Rides Short ride for new riders, Longer ride for faster riders  
For Non riders Tuesday am.  
Guided Mindful Hike-  
Optional Grooming
- 11:30 Optional Stretching with Peggy
- 1:00 Lunch *10<sup>th</sup> Food Intention Save Your Appetite for the Table*
- 1:45 YOGA- Ranch Shuttle to Meditation / Yoga setting
- 2:45 Letters to Self Activity Transportation back to the ranch by ranch shuttle.
- 3:30 Cabin or Pool time.
- 6:30 Socializing in Downstairs Lodge
- 7:00 Dinner in Lodge. *11<sup>th</sup> Food Intention- Choosing Wisely Greens, Veggie*
- 7:45 Shuttle to Dexter Meadow home for celebration and closing ceremony  
Final group discussion: What are you claiming to take home? Leaving behind?  
Picking your symbol. Choose what resonates with you. Each person talks about  
what it symbolizes for them.
- 10:00 Shuttle pick up to return guests to ranch

## Thursday Morning, September 14, 2017

### Day Five

- 8:00 Breakfast Blessing for safe riding and journey home.

12<sup>th</sup> Intention- Mindful eating requires planning that starts with a list and a recipe.  
Strategy for the grocery store.

Program evaluations

9:00- Last trail ride, or Guided Hike, or Gentle Yoga with Peggy

11:45 Change clothes, final pack up, check out

This concludes formal Women in the Rockies program

**Thursday Afternoon, September 14, 2017- Bonus Day**

Optional afternoon for those who opted for bonus day at the ranch

Spa options, riding, swimming, trip into Grand Lake for shopping

Cocktails and Dinner at the Lodge

**Friday Morning, September 15, 2017**

Final ride, or hike or spa treatment before noon departure.