

Women in the Rockies Wellness Adventure at C Lazy U Ranch

Sept. 18- Sept. 21,st 2017

Monday Afternoon: September 18, 2017

Day One

- 12:00 Check in at Outfitters Cabin
Book optional spa treatments beginning at 4 pm
- 1:00 Lunch on the Patio
Welcome Blessing
Introductions to Mindful Intentions
1st Food Intention
- 1:30 Introductions, welcome bags, workbooks
- 2:00 INTRODUCTION OF EACH VISITING COWGIRL
What do you hope to accomplish or get from retreat?
- 2:45 Break
- 3:00 Mindful Centering Meditation
- 3:15 Stress Management Mindfulness Tools
- 3:45 Connecting with Your Horse
- 4:15 Review of Group Communication Guidelines
- 5:00 Check into cabins/ time to relax/ take a nap/ read/ explore
Who's riding and who isn't? Sign up for a hike
- 6:30 Socializing in the Lodge followed by dinner upstairs
- 7:00 Dinner in the Lodge at Our Table
2nd Food Intention
Announcements for tomorrow
End of day optional activities- hot tub, unpack, unwind on your own at campfire or outdoor fireplaces

Tuesday: September 19, 2017

Day Two

- 8:00 Breakfast
3rd Food Intention
- 9:00 Meet your horse, horsemanship/ trail riding
Meet behind Patio House- bring helmet, gloves, water bottle
Trail ride groups based on your assessed ability/ comfort
Three groups- Scenic, Intermediate and Fast
- 11:15 Grooming Workshop with your horse
- 12:00 Free Time to change clothes, rest
- 1:00 Lunch on the Patio
4th Food Intention
- 1:30 Achieving Healthy Self Care
- 1:45 Loving Kindness Meditation
- 2:00 Understanding Your Stages of Change/ Small Group Exercise

- 2:45 Break
- 3:00 Smart Goals
Small group- writing your goal and sharing
- 4:00 Open time- photo op of jingle, time for hike, gym, swimming,
emails, journal, read, optional spa treatment
Ask yourself What do I need now? What do I need to recharge
before socializing at the lodge?
- 6:30 Social Time at the Lodge
- 7:00 Dinner at the Lodge
5th Food Intention
- 8:15 Fireside Branding Personal Leather Items
Fireside Poetry Sharing

Wednesday: September 20, 2017

Day Three

- 8:00 Breakfast
6th Food Intention
- 9:00 Learning ground work with your horse
Who is moving who's feet?
Safety on the ground.
- 9:45 Trail ride groups based on ability/ comfort
Scenic, intermediate and fast
- 12:00 Free Time to Change Clothes, Rest
- 1:00 Facilitated Mindful Lunch
7th Food Intention
Sharing your insights about your eating style and habits
- 2:00 Ranch Shuttle for Mountain Top Meditation
- 3:00 Letter to self activity
- 4:00 Return to ranch to see jingle, rest, relax, optional spa activities or
just relaxing with new and old friends
- 6:30 Social Time at the Lodge
- 7:00 Dinner in Lodge
8th Food Intention
- 7:45 Shuttle to Grand Willow for celebration and closing ceremony.
- 10:30 Return to ranch by shuttle

Thursday: September 21, 2017

- 8:00 Breakfast
Blessing for last trail ride and safe journey home
9th Food Intention
Collect program evaluations
- 9:00 If riding or hiking, suitcases/ personal belongings placed outside of
cabin door for check out.

11:45 Last trail ride or hike.
Change clothes and final check out.
Return helmet/ saddle pads.

Cost

CLazyU Ranch lodging, meals, horses \$316/night with taxes and fees \$1186.68

Women in the Rockies program fee program materials, coaching, special activities \$525

Total cost is \$1711.68. What isn't covered is alcohol and optional spa activities