

Women in the Rockies Wellness Adventure at C Lazy U Ranch

Sept. 9- Sept. 13, 2018

Sunday Afternoon, September 9, 2018

Day One

- 12:00 Check in at Outfitters Cabin
Meet new and old friends.
- 1:00 Buffet lunch on the patio
Introduction to Mindful Intentions
- 1:30 Welcome to the program
- 2:00 INTRODUCTION OF EACH VISITING COWGIRL
- 2:45 What got you here today?
- 2:45 BREAK
- 3:00 Cracking the Horse Code
- 3:30 Review of Group Communication Guidelines
- 3:40 Tools for Stress Management-
- 4:40 Small group exercise
- 5:00 Check into rooms/ time to relax/ take a nap/ shower/ read/ explore
Who's riding and who isn't..... Sign up for morning guided hike, spa treatments
or Restorative Yoga on Wednesday morning in Outfitters Cabin
- 6:30 Socializing in the lodge
- 7:00 Dinner in the Lodge
End of day optional activities to hot tub, unpack and unwind on your own
Announcements for tomorrow

Monday: September 10, 2018

Day Two

- 8:00 Breakfast
- 9:00 Meet Your Horse, Horsemanship
Meet behind Patio House- bring helmet, gloves, water bottle
Trail ride groups based on your assessed ability/ comfort
Three groups- Scenic, Intermediate and Fast
- 9:30 Trail ride
- 11:15 Grooming Your Horse
- 12:00 Free Time to Change Clothes, Rest or Stretch
- 1:00 Buffet Lunch on Patio
- 1:30 Big Picture of Personal Wellness
- 1:50 Setting Your Personal Wellness Goals
Small Group Exercise
- 2:30 Break
- 2:45 Meditation
- 3:00 Understanding Your Stages of Change
Small Group Exercise
- 3:45 Open time- to watch jingle out, hike, gym, rest, emails, swim, or journal
Ask yourself What do I need now?
- 5:45 Shuttle to Grand Willow for Cocktails
Announcements for tomorrow
- 7:00 Dinner at the Lodge
- 8:15 Poetry Reading in the Lodge

Tuesday: September 11, 2017**Day Three**

- 8:00 Breakfast
- 9:00 Ground Work. Moving Your Horses Feet
- 9:45 Trail Rides 3 groups
- 11:45 Return from ride
- 12:00 Free Time to Change Clothes, Rest or Stretch
- 1:00 Individual Silent Lunch
Sharing your insights about your eating style and habits
- 1:45 How To Eat Mindfully and Healthy
- 2:20 Regulating Your Emotions as Stress Management Tool
- 2:50 Break
- 3:00 Loving Kindness Meditation
- 3:15 Small Group Exercise
- 3:45 Open time- Photo Op/ Jingle
- 6:30 Cook Out at Patio House
- 8:00 Fireside branding and singing. Brand your belt, purse or boots.

Wednesday: September 12, 2018**Day Four**

- 8:00 Breakfast
- 9:00 Leave for trail ride OR at 10 am Restorative Yoga on Latigo Deck
- 11:45 Return from ride
- 1:00 Lunch
- 2:00 Ranch Shuttle to Woodsie for Mountain Top Meditation/ Letters to Self/ Evaluations
- 3:15 Shuttle or walk back to ranch
- 3:45 Cabin or Pool time or watch Jingle.
- 5:30 *Happy Hour with the Horses- Herd tour with Ami and Scott via tractor*
- 7:00 Dinner in Lodge
- 7:45 Closing ceremony fireside in Latigo room

Thursday Morning, September 13, 2018**Day Five**

- 8:00 Breakfast Blessing for safe riding and journey home.
- 9:00 If riding or hiking, suitcases/ personal belongings placed outside of cabin door for check out.
Last trail ride or hike.
- 11:45 Change clothes, final pack up, check out.
Return helmets.
This concludes formal Women in the Rockies program.