



## **Women in the Rockies Wellness Adventure at C Lazy U Ranch Sept 13, 2020**

### **Sunday Afternoon, September 13, 2020**

#### **Day One**

- 12:00 Check in at Outfitters Cabin  
Helmet fitting, name tags,  
Wranglers will be available during afternoon to discuss your horse preferences.  
Meet new and old friends.
- 12:30 Buffet lunch on the patio
- 1:00 Welcome to the program  
Announcements
- 1:20 Drop in Breathing
- 1:30 Introduction of each visiting cowgirl Tell us one reason why you are here or what  
got you here.
- 2:20 Break
- 2:30 The Way of the Horse Janet Solie
- 3:15 Herd Behavior and the Art of Matching Horses- Ami Cullen
- 3:45 Check into cabins  
Time to relax  
Announcements
- 6:30 Socializing in the Lodge-
- 7:00 Dinner in the lodge- look for our tables  
End of day activities, hot tub, unpack, unwind

### **Monday: September 14, 2020**

#### **Day Two**

- 7:00 Cowboy Coffee in front of lodge
- 7:30 Yoga in the Patio House with Emily
- 8:00 Breakfast Upstairs Lodge
- 8:40 Meditation for You and Your Horse
- 9:00 Meet Your Horse, Horsemanship Orientation
- 9:30 Trail rides- 3 to 4 levels offered.
- 12:00 Return from trail rides  
Free Time to Change Clothes, Rest or Stretch
- 12:30 Lunch
- 1:30 Heart Desire Meditation
- 1:45 Grooming and Ground Work Intensives with your horses
- 3:45 Open time to watch jingle out, hike, gym, rest, emails, swim, or journal  
Ask yourself, What do I need now?
- 6:30 Gather for Socializing and Dinner at the Lodge
- 8:00 Smore's and Branding Fireside

**Tuesday: September 15, 2020**

**Day Three**

- 7:00 Cowboy Coffee**
- 7:30 Yoga in Patio House with Emily
- 8:00 Breakfast
- 9:00 Short Meditation
- 9:20 Trail rides with Individual photos taking
- 12:00 Return from ride
- 12:30 Lunch
- 1:30 Tools to Manage Stress
- 2:00 Written Exercise
- 2:15 Small groups
- 2:45 Break
- 3:10 TBD
- 3:45 Open time for jingle
- 4:00 Cabin Time
- 5:00 *Happy Hour with the Herd*
- 6:30 Socializing at the Lodge
- 7:00 Dinner at the Lodge- look for our tables
- 8:30 Special Guest Musical Performance Patio House

**Wednesday: September 16, 2020**

**Day Four**

- 7:00 Cowboy Coffee with Emily
- 7:30 Yoga in Patio House
- 8:00 Breakfast
- 9:00 Connect with Your Horse Inner and Outer Stillness Meditation  
Leave for trail ride
- 9:15 Trail Rides
- 12:30 Lunch
- 1:30 Your Choice of Activities:  
Trail Ride from 1:30 to 3:00 PM  
Grooming Session with Your Horse  
Small Group of Self Care Goals Psychology of Change- What will it take for you to change?
- 2:30 Small Group MindMapping for Your Future Self
- 3:40 Jingle/ open time
- 6:30 Cook Out at Patio House
- 7:30 Shuttle in front Lodge to Grand Willow for Closing Ceremony
- 9:30 Return to ranch

**Thursday Morning, September 17, 2020**

**Day Five**

- 7:00 Cowboy Coffee
- 7:30 Yoga with Emily in Patio House
- 8:00 Breakfast Blessing for safe riding and journey home.
- 9:00 If riding, suitcases/ personal belongings placed outside of cabin door for check out.

- Last trail ride of the retreat.
- 12:00 Change clothes in ladies locker room and check out.  
Return helmets.
- 12:30 Goodbyes.... Lunch on your own  
Hope to see you next year

This concludes formal Women in the Rockies program.