



MAY 11-14, 2017

# Cathy Woods Yoga

*Find your inner Cowgirl through Body, Mind, Equine with Cathy Woods*

## Thursday, May 11

- 3:00pm** Arrive at the ranch!
- 4:00** Orientation & yoga in the Patio House
- 6:30** Meet & greet cocktails & appetizers in the Lodge Lounge
- 7:15pm** Dinner in the Lodge Dining Room

## Friday, May 12

- 7:00-8:00am** Breakfast in the Lodge Dining Room
- 8:00** Guided meditation, yoga, & discussion in the Patio House
- 9:30** Arena time with horses
- 12:00** Lunch in the Lodge Dining Room
- 1:30** Trail ride
- 6:30** Cocktails & appetizers in the Lodge Lounge
- 7:15pm** Dinner in the Lodge Dining Room

## Saturday, May 13

- 7:00-8:00am** Breakfast in the Lodge Dining Room
- 8:00** Guided meditation, yoga, & discussion in the Patio House
- 9:30** Arena time with horses
- 12:00** Lunch in the Lodge Dining Room
- 1:30** Trail ride
- 6:30** Cocktails & appetizers in the Lodge Lounge
- 7:15pm** Dinner in the lodge

## Sunday, May 14

- 7:00-8:00am** Breakfast in the Lodge Dining Room
- 8:00** Early morning stretches
- 10:00** Check-out of rooms
- 12:00** Lunch in the Lodge Dining Room
- 1:00pm** Departure - Happy Trails!

### ADDITIONAL ACTIVITIES

Trap Shooting | \$35 per person  
Ropes Course & Zip Line | \$65 & \$30



### OUTFITTER'S CABIN

Daily - 8:00am to 6:00pm

### LUIS' OLD PLACE

Daily - 8:30am to 4:30pm

### LAZY YOU SPA

Tuesday & Wednesday  
9:00am - 6:00pm

### GUEST FACILITIES

Game Room  
Fitness Center  
Guest Office  
Hot Tub  
Daily - 24/7