

Location: C Lazy U Dude Ranch

Instructor: Elizabeth Fuqua (Sobka)

Elizabeth is an E-RYT 200, Certified Personal Trainer, and student of Chinese Medicine. Elizabeth discovered yoga in 2006 while looking for a way to regain flexibility after years of playing physically intense sports. As her practice deepened, Elizabeth found the emotional and spiritual benefits of a regular yoga practice to be as significant as the physical asana. Her deepened interest led her to the Center for Health & Healing in Toms River, New Jersey, where she received her 200-hour certification in 2010. Since becoming an RYT, Elizabeth has taught in over a dozen gyms and studios with styles ranging from Yin to Heated Vinyasa Flow. She currently lives and teaches at The Freyja Project in Denver, Colorado and attends Southwest Acupuncture College in Boulder, Colorado.

Description:

This fall join Om On Yoga and RVA Yoga Favorite Elizabeth Fuqua (Sobka) as we venture to Colorado's Premier Luxury Dude Ranch, C Lazy U.

Set amidst Colorado ranch country with the Colorado River running through it, C Lazy U has enchanted guests with their incredible service, rustic elegance, and regional western cuisine since 1919. Named by Shape Magazine for "Best Hotel Spa", Conde Nast as a "Top 10 Resort in USA", and most recently "The #2 Destination Resort in USA Today's 2017 10 Best Readers' Choice Awards for Best Destination Resort, this is truly a tradition that you'll want to repeat every year.

During your stay you'll be welcomed as family on the ranch and get to partake in all there is to offer including: hiking, daily yoga overlooking the Colorado River, fishing, evening entertainment around the fireside, and of course horseback riding. Start your day with yoga on the overlook, roam 8,500 acres of ranch land with the Rockies as your backdrop with

your partner on the trail, and top it all off with a gourmet meal fireside with all the fixings, before you retire to your cozy cabin outfitted with all the indulgences for maximum rejuvenation and seclusion.

Guests may also wish to indulge in other specialty services such as a treatment in the Lazy U Spa, Ropes Course, or Guided Fly Fishing Trip. We leave it up to you so you can craft your free time to create the stay of your dreams.

Dates:

10/24-28; 4 nights

Instructor:

Elizabeth Fuqua (Sobka)

Pricing:

Shared Double: \$2125

Single: \$2360

Inclusions/ Highlights:

4 nights accommodation

- Daily yoga provided by Longtime Om On Favorite Elizabeth Fuqua (Sobka); All sessions outdoors at scenic overlook; (short hike to location)
- Gourmet breakfast, lunch, and dinner each day (beginning with dinner night of 10/24 and ending with lunch on 10/28)
- Horseback Riding most days (250 lb weight restriction)
- Trout ponds on property with fly fish rods provided for catch and release fishing
- Miles of ranch land roads for hiking
- Led off road hiking on ranch
- Led Mountain Biking on ranch

- 1 hour guided Fishing Lesson
- Swimming pool
- Tennis
- Archery
- Game Room
- 24 hour Fitness Center
- Beautiful ponds and garden spaces to lounge
- Zen spa overlooking river (spa services not included)

Tentative Schedule:

- Wednesday 10/24:
 - Arrival afternoon/ evening
 - Check-in at 3:00
 - Afternoon activities open to early arrivals including swimming, fishing, hiking, biking, and tennis on own
 - 7:00 Welcome Dinner
 - Evening Entertainment TBD

- Thursday 10/25:
 - 7:30-9:00 Breakfast
 - 9:15: Hike + Morning Yoga
 - 12:00 Lunch
 - 2:00-4:00: Afternoon Activities: Horseback Riding
 - 6:30: Cocktails & Hors d'oeuvres
 - 7:00 Dinner
 - Evening Entertainment TBD

- Friday 10/26:
 - 7:30-9:00 Breakfast
 - 9:00-12:00: Horseback Riding
 - 12:00 Lunch
 - 2:00-4:00: Activities on own
 - 6:30: Cocktails & Hors d'oeuvres
 - 7:00 Dinner
 - Evening Entertainment TBD

- Saturday 10/27:
 - 7:30-9:00 Breakfast
 - 9:15: Hike + Morning Yoga
 - 12:00 Lunch
 - 2:00-4:00: Afternoon Activities: Mountain Biking
 - 6:30: Cocktails & Hors d'oeuvres
 - 7:00 Dinner
 - Evening Entertainment

- Sunday 10/28:
 - 7:30-9:00 Breakfast
 - Check Out 10:00 Store luggage
 - 9:15-11:00 Hike + Yoga
 - 12:00 Lunch
 - Departures

Accommodations:

1 Bedroom Lodge Cabin Accommodations

Meals: Breakfast, Lunch, Dinner included, beginning with Dinner on 10/24 and ending with lunch on 10/24. If guests arrive or depart earlier option for them to pay on own for meal.

All meals are served family style and include regional specialties. Any special dietary restrictions may require an additional cost per meal.

Amenities:

- Outdoor pool
- Miles of rangeland roads for hiking
- Game Room
- 24 Hour Fitness Center
- Beautiful ponds and garden spaces to lounge

Transportation: Ground Transportation is not included.

Optional Extras:

Ropes Course
Guided Fishing off Ranch
Spa Treatments

Registration Info:

Early Bird/ Deadline: Register by 9/23/18. After registration deadline only if spots remain.

Registration is thru C Lazy U Dude Ranch Reservations Department: 970-887-3344. When making reservation please reference Om On Yoga Retreat. You may also contact Om On Yoga to be assisted through the registration process in any way.

Please note: All guests will be required to supply C Lazy U with a valid Credit Card at check-in for any and all charges not covered under Om On Yoga's Retreat and any incidentals.