

From the moment I booked this adventure I knew it would be something special. C Lazy U Ranch is the perfect location for the Women in the Rockies retreat. The gorgeous setting is a historic and truly magical place where life coach, Janet Solie has created a wonderful personalized program for like-minded women seeking solace, strength and inner balance. With deep gratitude to Janet, I came away with all those things and much more. She took us in and made us feel unique and part of the family. Whether through peaceful meditations before riding or her inspiring workshops, Janet's quiet and kind demeanor made for a very meaningful experience.

I was so excited each morning. I would get up early, light a fire in my cabin, get back into bed with my coffee and think about the day ahead. Joining my new friends for laughs around the fire pit, a yoga session with Emily, and being greeted by the friendly ranch staff were all a great way to start the day. And the horses! What a beautiful, healthy herd! I have owned two special horses in my life, each a bay with a star. At C Lazy U, when the wrangler brought me my seek bay mare with a star, it was meant to be. And her name was Janet!



Riding along the mountains through aspen groves and pines was one of the highlights for me. Being in nature on horseback brought me back to a place in my life I have long missed. At the end of the trail ride, we returned to a delicious lunch on the patio, workshops and free time. My fly fishing refresher course on the pond was great fun and brought back memories of fishing as a young girl with my dad.

I cannot wait to return to Women in the Rockies in 2020!. As I move through the hectic and challenging peace each day brings, I am empowered with the wisdom I gained on this remarkable journey.