



# FIND YOUR INNER COWGIRL, RETREAT

WITH

Cathy Woods Yoga

## THURSDAY

- 3:00pm Arrive to the Ranch! Check-in at the Outfitter's Cabin  
Horse Assignments at Patio House
- 4:00pm Retreat Begins, meet & greet & yoga in the Latigo Room
- 6:30pm Happy Hour in the Lodge Lounge
- 7:00pm Dinner in the Lodge Dining Room

### OUTFITTER'S CABIN

(FRONT DESK)

Daily – 8:00am–6:00pm

### GUEST FACILITIES

Game Room  
Fitness Center  
Laundry Room  
Hot Tubs  
available 24/7

## FRIDAY

- 7:00–8:00am Breakfast in the Lodge Dining Room
- 8:00am Guided Meditation, Workshop and Yoga in the Latigo Room
- 10:00am Arena Time with Horses
- 12:00pm Lunch in the Lodge Dining Room
- 1:30pm Afternoon Trail Ride
- 4:30pm C Lazy U Jingle!
- 6:30pm Happy Hour in the Lodge Lounge
- 7:00pm Dinner in the Lodge Dining Room

### LUIS' OLD PLACE

MERCANTILE

Daily – 8:30am–4:30pm

### LAZY YOU SPA

See Outfitter's Cabin for  
availability

## SATURDAY

- 7:00–8:00am Breakfast in the Lodge Dining Room
- 8:00am Guided Meditation, Workshop and Yoga in the Latigo Room
- 10:00am Arena Time with Horses
- 12:00pm Lunch by the Yurt
- 1:30pm Afternoon Trail Ride
- 3:30pm Mindful Equine Grooming
- 4:30pm C Lazy U Jingle!
- 6:30pm Happy Hour in the Lodge Lounge
- 7:00pm Dinner in the Lodge Dining Room

## SUNDAY

- 7:00–8:00am Breakfast in the Lodge Dining Room
- 8:00am Early Morning Stretches & Retreat Closing in the Latigo Room
- 10:00am Check Out in the Outfitter's Cabin (please check-out prior to participating in activities)
- 12:00pm Lunch in the Lodge Dining Room
- 1:00pm Departure –  
Happy Trails!