

# Julie Goodnight & Barbra Schulte Riding & Wholeness Retreat

April 30 – May 4, 2026



## Thursday

- 3:00 .....Check in and horse assignments
- 3:30 .....Welcoming Remarks and Introductions (Latigo Room)
- 5:00.....Horses & Happy Hour (Meadow)
- 7:00.....Dinner in the Lodge Dining Room

## Friday

- 7:00.....Cowgirl Coffee (Lodge)
- 7:30 .....Breakfast (Lodge)
- 9:00 .....Empowerment Workshop: Passion & Instincts (Latigo)
- 10:15.....Rider Orientation
- 10:30-11:30 .....Riding Session #1
- 12:00 .....Lunch (Lodge)
- 1:30-2:30.....Riding Session #2
- 2:45-3:45 .....Riding Session #3
- 5:00-6:00.....Daily Debrief (Lodge)
- 6:30 .....Dinner (Lodge)

### Friday Riding Session Rotation

- GROUP A: Barbra – Trail – Julie
- GROUP B: Julie – Barbra – Trail
- GROUP C: Trail – Julie – Barbra

## Saturday

- 7:00.....Cowgirl Coffee (Lodge)
- 7:30 .....Breakfast (Lodge)
- 9:00 .....Empowerment Workshop: Connection & Leadership (Latigo)
- 10:30-11:30 .....Riding Session #1
- 12:00 .....Lunch (Lodge)
- 1:30-2:30.....Riding Session #2
- 2:45-3:45 .....Riding Session #3
- 5:00-6:00.....Daily Debrief (Latigo)
- 6:30 .....Dinner (Lodge)

### Saturday Riding Session Rotation

- GROUP A: Trail – Julie – Barbra
- GROUP B: Barbra – Trail – Julie
- GROUP C: Julie – Barbra – Trail

## Program Notes:

On Friday, Saturday and Sunday, the schedule flows the same way:

We have Empowerment Workshops after breakfast, followed by three riding sessions (one in the morning, two rides after lunch).

Groups rotate through lessons with Barb and Julie and a trail ride each day.

The Daily Debrief is a casual and optional gathering for Q&A and discussion, followed by a social hour and dinner.

## Sunday

- 7:00.....Cowgirl Coffee (Lodge)
- 7:30 .....Breakfast (Lodge)
- 9:00 .....Empowerment Workshop: Resilience & Trust (Latigo)
- 10:30-11:30 .....Riding Session #1
- 12:00 .....Lunch (Lodge)
- 1:30-2:30.....Riding Session #2
- 2:45-3:45 .....Riding Session #3
- 5:00-6:00.....Daily Debrief (Latigo)
- 6:30 .....Dinner (Lodge)

### Sunday Riding Session Rotation

- GROUP A: Trail – Barbra – Julie
- GROUP B: Julie – Trail – Barbra
- GROUP C: Barbra – Julie – Trail

## Monday

- 7:00.....Cowgirl Coffee (Lodge)
- 7:30 .....Breakfast (Lodge)
- 9:00 .....Empowerment Workshop: Crafting Your Cowgirl Creed (Latigo)