

I'm so glad I saw the post about "Women in the Rockies" on Facebook through C Lazy U Ranch. What a perfect combination...C Lazy U, Horseback Riding, and Wellness!! I registered to go by myself, which is a first, but felt I needed time away to think, breathe, rejuvenate, and focus on me. Wow!! I had no idea the how this experience was going to change my life forever!

What amazed me upon arriving at C Lazy U is the spectacular beauty surrounding it! My cabin was charming with a wood-burning fireplace, all the comforts of home, and even a lighted make-up mirror!! The ranch staff was there to make sure my every need was met.

From the first day of the adventure and meeting the women in our group, I knew we would develop a strong friendship through this experience. I was immediately impressed with our health coaches, Janet Solie and Trudi Kessiah! When they shared the reasons they developed Women in the Rockies, and I looked through my workbook, I could tell they had put their heart and soul into this program! I was excited to learn! What I found in the days ahead was that Janet and Trudi are brilliant women with warm personalities, who are passionate about helping people achieve their wellness goals. They knew exactly how to bring out the best in us, in a loving and caring way.

Each lesson was thought-provoking and helped me look within, and be honest with myself. I liked learning about emotional eating and the relationship to food and exercise, because I needed help in that area. I was so happy to learn the tools and techniques to help me gain control and to achieve overall wellness in my life. Once I got home I knew I would be eating mindfully, be more disciplined, get more exercise, and I'd work on having a more organized, stress-free life...and I would breathe deep.

I loved how each day was balanced with great meals, horseback riding, group and individual coaching activities, and fun! Because I have a passion for riding, this was my favorite daily activity! The head wrangler matched me up perfectly with a beautiful horse named Missy, who was perfect for my riding ability. I had no idea how much I could learn from a horse! Janet skillfully taught us how to effectively communicate with our horse through special ground-work exercises, mindful grooming, and trail riding.

The trail riding is the best I've ever experienced...from walking to trotting to cantering...every minute to me was wonderful and exhilarating! Each day we took a new trail and saw different kinds of nature. I kept thinking "This is God's country" as I rode through trees ablaze in fall colors, saw herds of antelope grazing on the hillsides, and birds flying high in brilliant blue skies. The whole trip was filled with photo moments that I will always treasure!

During my 5 days, I experienced much more than Wellness. I experienced a true journey...a journey that changes ones heart. I laughed, I cried, learned life-changing lessons, formed friendships, shared favorite poems, enjoyed Michael Martin Murphey singing "Wild Fire", ate gourmet meals, drank Cowboy Coffee and fine wine, watched campfire branding, and I formed a bond with my horse Missy, that I will never forget.

Thank you, Women in the Rockies, for giving me an experience that changed me deep in my heart and soul. I feel alive again. I'm excited about the change I already see in my life, because I'm being more mindful about everything! I know I'm going to be a healthier and happier me in 2017 and beyond! See you next September!!

With love, sincere gratitude, and mindfulness,

Karol
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