

Wow, where to start about my adventure with "The Women of the Rockies" at the C Lazy U Ranch, Sept. 2019 I'm still in disbelief. I signed up solo for this wellness adventure retreat to get away and have time to think. I was also excited about meeting new women from all over, hearing their stories and having some laughs. Although I was excited, I was a little anxious

about traveling alone. However, from the minute I got to the ranch, my fears disappeared.



The C Lazy U speaks for itself. From the breathtaking scenery, western rustic cabins and top-notch staff, I could not have felt more at ease. The attention to detail is the best I've experienced. From the staff warming our coffee mugs up each morning over a fire at Cowboy Coffee, to the special horse cookies with our horse's names for the last days' lunch, to outstanding meals served in the lodge, and evenings gathered around the fire branding or listening to a special musical concert by a longtime friend of the ranch's, I was in a place that took care of me.

The first morning, I met a bay quarter horse named Rico and he couldn't have been more perfect. The Director of Equestrian Operations, Ami Cullin, matches you up based on your skill set and I must say, she has a gift. I spent

the week with Rico trail riding, grooming and doing ground work. It's hard to describe the depth of the bond that is formed with such a magnificent animal. It was nothing short of magical!

As for the "Women of the Rockies" workshops, Janet Solie made you feel special but also a part of a family. And that's what we are, a family, a "herd". I came home with many new skills and the courage to embrace new challenges in my life. I may never see some of these amazing women again, but I will never forget the experiences we shared. I am already planning my trip next year back to the "Women in the Rockies" and hope to see many dear friends who are planning to return. My family and friends say my pictures show my happiness inside and they couldn't be more right. I found myself again and left a part of my heart on ranch in Colorado! Thank you, Janet!!! "Ride with no fear!"