



## **Women in the Rockies Wellness Adventure at C Lazy U Ranch Sept 8, 2019**

### **Sunday Afternoon, September 8, 2018**

#### **Day One**

- 12:00 Check in at Outfitters Cabin ,  
Wranglers will be available all afternoon to discuss your horse preferences.  
Meet new and old friends.
- 12:30 Buffet lunch on the patio
- 1:00 Welcome to the program  
Announcements
- 1:20 Drop in Breathing- Body Scan
- 1:30 Attendee Introductions
- 2:20 Break
- 2:30 The Way of the Horse
- 3:15 Herd behavior
- 3:45 Check into cabins  
Time to relax and adjust to altitude
- 6:30 Socializing in the lodge
- 7:00 Dinner in the lodge dining room upstairs- look for our tables- WITR Reserved Tables  
End of day activities, hot tub, unpack, unwind

### **Monday: September 9, 2019**

#### **Day Two**

- 7:00 Cowboy Coffee in front of lodge
- 7:30 Yoga in the Patio House
- 8:00 Breakfast Upstairs Dining room
- 8:40 Seven Attitudes of Mindfulness for You and Your Horse
- 9:00 Meet Your Horse, Horsemanship Orientation
- 9:40 Trail rides- 4 Levels offered.
- 12:00 Return from trail rides  
Free Time to Change Clothes, Rest or Stretch-
- 12:30 Lunch
- 1:30 Heart Centered Meditation
- 1:45 Grooming and Ground Work Intensives with your horses with Janet, Ami, Moriah
- 3:45 Open time to watch jingle out, hike, gym, rest, emails, swim, or journal  
Ask yourself, What do I need now?
- 6:30 Cook Out at Patio House
- 8:00 Smore's and Branding Fireside

**Tuesday: September 10, 2019**

**Day Three**

- 7:00 **Cowboy Coffee**
- 7:30 Yoga in Patio House
- 8:00 Breakfast
- 9:00 Trail Rides-
- 12:00 Return from ride
- 12:20 Instructions for Mindful lunch-
- 12:30 Lunch
- 1:30 Sharing your insights about your eating style and habits
- 2:00 Personalized Vision and Wellness Planning  
Vision meditation
- 2:45 Small Group Exercise
- 3:15 Group Discussion
- 3:45 Open time for jingle
- 5:00 *Happy Hour with the Herd- Scott and Ami*
- 6:30 Cook Out at Patio House
- 8:00 Campfire and Story Telling

**Wednesday: September 11, 2019**

**Day Four**

- 7:00 Cowboy Coffee
- 7:30 Yoga in Patio House
- 8:00 Breakfast
- 9:00 Connect With Your Horse- Inner stillness  
Leave for trail ride
- 9:15 Trail Rides 4 levels offered
- 12:30 Lunch
- 1:30 Your Choice of Activities  
Choose one:  
Small group of 6 for Advanced Ground Work  
Open Discussion of Self Care Goals- supplements, eating clean, exercise, and stress management- work in small groups.  
Trail Ride
- 2:30 Choose one:  
Second group of 6 for Advanced Ground Work  
Mind Mapping Workshop for Health Planning or Problem Solving  
Trail Ride
- 3:40 Jingle/ open time
- 5:30 *Round Pen Demo- Ami- 3 horses*
- 6:30 Socialize in Lodge
- 7:00 Dinner in Lodge
- 7:30 Shuttle in front Lodge to Grand Willow for Closing Ceremony/Cookies/ Coffee
- 10:00 Return to ranch

**Thursday Morning, September 12, 2019**

**Day Five**

- 7:00 Cowboy Coffee

- 7:30 Yoga in Patio House
- 8:00 Breakfast Blessing for safe riding and journey home. Karol Pierce- guest
- 9:00 If riding or hiking, suitcases/ personal belongings placed outside of cabin door for check out.  
Last trail ride- 4 levels of rides.
- 12:00 Change clothes, final pack up, check out.  
Return helmets.
- 12:30 Final Goodbye  
Hope to see everybody next year

This concludes formal Women in the Rockies program.