

Lodging:

You will stay in cabins at the Yellowstone Valley Lodge situated along the Yellowstone River. This was Barbara's "first Montana Home". The views are majestic, overlooking the river and the Absaroka Mountains. Truly will take your breath away, but then that is for breath work! The cabins are comfortable and nicely appointed with two queen beds and shared bath. You can go to sleep with the river flowing by as your sound track. Breakfast and two dinners will be served at the YVL. Marcus is a fabulous chef who uses local sourcing when possible and flies in fresh fish from Hawaii for remarkable sashimi. His rib eye is renowned and there is a great wine list. There are two fire pits for pre dinner cocktails overlooking the river.

We will begin each day with either a silent meditation riverside, walking meditation in the pasture or yoga.

Check it out: www.yellowstonevalleylodge.com

Day hike in Yellowstone Park:

We will do a full day hike in Yellowstone Park led by Jim Evanoff. He is a world famous naturalist and has been involved in the Park and studying its surrounding animals for 30 years. We will pack lunches and stop for meditation at a very special location. The park is about a 45 minute ride from the YVL following the Yellowstone River to the Northern Entrance of the Park and the famous Teddy Roosevelt Arch. Hopefully we will see animals including; bison, wolves, mule deer, mountain goats, curly horn deer, eagles, and possibly a grizzly! Barbara has nicknamed time in the park, "The American Safari". After the hike we will return to the YVL for dinner.

Horse back riding:

We will ride a full day ride with Heidi Saile, Rockin H & K Outfitters. She is a close friend of Barbara's and is a leader in the horse back outfitting business. We will ride out of Chico Hot Springs where they have a barn. Heidi is a pistol of a gal who is a great person and very knowledgeable. It has been her dream to bring wellness activities to her business, this retreat is a dream come true for both Barbara and Heidi. Barbara will of course be riding her horse, Casper, but Heidi has great livestock who are steady and solid! We will break for lunch and enjoy an open air meditation overlooking the expanse of Paradise Valley. The views are spectacular and expansive. The ride will include going through timber and elevation. On our return we will do a soak at Chico Hot Springs in their natural hot springs pools, where you can float with your cocktail in hand. After a trip back to the YVL for showers we will return to Chico Hot Springs for dinner. We may even get lucky as there is often music in the saloon for dancing.

Check them out:

www.rockinhk.com

www.chicohotspots.com

Full Day Fly fishing expedition**OR ½ Day float on the river through Montana Whitewater Company:**

We are offering fly fishing for those who would like to try their hand at it. This involves a guide who gives you a day long tutorial two on one. It is meditation art from Barbara's perspective. Eric Adams, a friend of Barbara's from Montana Fly Fishing Guides, will host those who fish. (Fly Fishing is an addition expense and must be reserved in advance.) For those who would rather float through the afternoon, that will be entirely possible and entirely enjoyable. The scenery is varied as you float by, sipping on a beverage,

enjoying all the beautiful river has to offer. If the weather prohibits floating or if the group would rather, there is also an option to zip line through the treetops this same afternoon. (Floating trip is included in the activities cost.)

We will then do a cooking class at Barbara's house with a local chef preparing while we watch. Her friend Deb Endres, who owns Gourmet Cellar and Uncorked, will pair wines and talk about her choices. She is a close friend of Barbara's who migrated to Paradise Valley after her marriage ended and stuck out courageously in a completely new industry for her. She is another wonderful person for you to get to know. Post dinner will be spent by the fire pit as we wind down our journey together.

Check them out:

www.montanaflyfishingguides.com

www.gourmetcellar.com

Free morning and/or afternoon \:

We think you will want to be able to spend time in Historic Livingston. It is a small town, not at all fancy, definitely not Aspen, but very Montana western full of shops, art galleries, loads and loads of neon. Catherine Lane is a beautiful home furnishings and accessories store. Wild West is the "Ports" of Livingston. Gourmet Cellar and Uncorked are located next to the Depot. Murdochs is an amazing ranch store that has a remarkable section for clothing, boots, etc. They are opening a new store in Livingston where we can stop. It will blow you away!

Check them out:

www.catherinelane.com

www.murdochs.com

Packing suggestions: Montana weather can vary greatly day to day and hour to hour. The rule is layers and casual outdoor oriented gear.

Recommended:

Hiking shoes

Footwear for riding, boots if you have a pair

Rain jacket

Fleece vest and/or jacket as it could be cool at night

Warm Hat

Baseball cap

Jeans

Comfortable pants for floating or fly-fishing

Shorts

Yoga clothes

Bathing Suit

Flip flops and/or water shoes

If you have a lightweight back pack it could be helpful for hiking, etc to carry gea Yoga Mat

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We are looking forward to an amazing get away with you!

Our Best, Barbara Green, Jen Willms and Kellie Lynch

For further information and/or to place a deposit please contact Jen Willms; c:
617-543-0936 or email: willmsfamily@comcast.net