

**Montana 2019**  
**What's Your Montana?**  
**September 11 – 29, 2019**

**Adventure**                      **A Couples Retreat**                      **Exploring Silence**

**Adventure Week: Sept. 11 – 15**                      **Yellowstone Valley Lodge**

Day 1 arrival in Bozeman

Lunch in Bozeman; afternoon in Livingston – shopping, wine bar, etc.

Dinner: YVL

Day 2 Morning Yoga and Hike; Lunch and soak at Chico's Hot Springs; Afternoon Mountain Biking or Free time (book spa treatments at Chico optional)

Evening; Dinner in Livingston

Day 3 Full Day Horseback riding in Yellowstone Park OR Fly fishing

Evening; dinner and dancing in Chico's saloon bar

Day 4 Morning Yoga, Swimming in the Boiling River, Lunch at K-Bar

Afternoon: White Water Rafting

Evening; dinner at Barbara's home

Day 5 Morning Pilates and Meditation; depart for home

**A Couples Retreat: Sept. 18 – 22                      Chico's**

Day 1 Arrival in Bozeman – rent cars – option to visit Livingston for lunch, shopping, wine bar, etc - check-in at Chico's

Afternoon; Chico hot springs soak

Evening; dinner in Chico's Dining Room

Day 2 Full Day Horseback Riding OR Fly Fishing

Evening: dinner at Yellowstone Valley Lodge

Day 3 A Full Day Guided Tour of Yellowstone Park – Exploring the 'American Safari'

Evening; Dinner and Dancing in the Chico Saloon (with live music)

Day 4 Couples Yoga; Cooking Class OR Swimming in the Boiling River and Lunch at the K-Bar

Afternoon; free to explore or shop, book spa treatments, hike or bike

Evening; Private Dinner in the Wine Cellar at Chico's

Day 5: Departure OR optional extended stay to visit Old Faithful (staying overnight in Yellowstone Park 1 night)

**Exploring Silence: Sept. 25 – 29                      Yellowstone Valley Lodge**

Day 1 Morning: group session – exploring silence – tools to navigate silence; setting intentions; discussion about the 4 foundations of mindfulness that we will practice each day; gentle yoga and meditation

Silent Lunch at YVL

Afternoon: meditation hike; group session

Evening: dinner at YVL

Day 2 Morning; walking meditation; group session, yin yoga class; reading/journaling

Silent Lunch at YVL

Afternoon; silent river float in Yellowstone Park

Evening: private dinner in the Wine Room at Chico's

Day 3 Morning; meditation hike; gentle yoga and meditation

Afternoon; book club discussion; meditation; silent free time

Evening: dinner at YVL

Day 4 Morning; walking meditation; yin yoga and meditation

Afternoon; lunch in Livingston and free afternoon for shopping, spa treatments, hiking

Evening: dinner at Barbara's Home

Day 5 Walking meditation, breakfast and departure