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

12 Guest Maximum

**Wednesday 25:**

Arrival in Bozeman

Lunch\* in Livingston and shopping

3:00 Check in to YVL

4:30 – 6:00 Intro Session at Barbara’s– exploring silence – tools to navigate silence;

 setting intentions; intro to foundations of mindfulness and journaling

6:30 Dinner at YVL

**Thursday 26:**

8:30–10:30 Group session and yin yoga/meditation class (Chico deck)

11:00 Group 1 (7): 2 hour “Catch Your Breath” horse ride/bonding

Group 2 (7): Chico hike and soak

1:00 Lunch at the Saloon at Chico’s Hot Springs Resort

2:00 Group 1: Chico hike and soak
Group 2: 2 hour “Catch Your Breath” horse ride/bonding

OPTION TO OPT OUT OF HORSES WITH $100 spa credit instead

6:00 Dinner at YVL

**Friday 27:**

7:30am Departure for Yellowstone Park tour Yellowstone Tour

8:30-12:30 Yellowstone Tour /Hike/Meditation/Gourmet Picnic Lunch

1:00-4:00 Silent River Float

7:30 Dinner at Mustangs/Livingston

**Saturday 28:**

9-9:45 Walking meditation after breakfast

11:00 -1:00 yin yoga/meditation and group session (Livingston)

Afternoon in Livingston free: \*lunch, shopping, \*spa (additional cost)

6:00 Dinner at Barbara’s Home

**Sunday 29:**

Walking meditation, breakfast and departure

\*\* 5 days and 4 nights lodging, all breakfasts, most \*lunches and dinner each evening, transportation and group are included during your stay. Alcohol, gratuities (other than group meals) and optional spa appointments, as noted are not included.

ACCODATION OPTIONS: Please visit [www.yellowstonevalleylodge.com](http://www.yellowstonevalleylodge.com) for room details and descriptions. Prices are listed per person

|  |  |  |  |
| --- | --- | --- | --- |
| 4 - Cozy Cabins | Double Occupancy | 2 queen beds | $1,700 pp |
| 2 - Deluxe Cabins | Double Occupancy | 2 King rooms w/2 private bath | $2,000 pp |
| 2 – King Cabins | Single Occupancy | 1 King Bed | $2,400 pp |
| 4 – Beartooth Cabin |  Quad Cabin  | 4 Private rooms 2 Baths | $1,850 pp |

$500 Non-refundable Deposit due by June 1st to hold your spot and secure your choice of room. Room selections are based on first deposits.

Full Payment is due in full by August 15, 2019. Refunds available prior to September 1st if we are able to fill your spot with a wait listed guest.