

# Awaken to Your Authentic Nature

Women's Yoga and Wellness Retreat 2019

MAY 31 – JUNE 2



**REGISTER** Greenwood App, 303.770.2582 x274  
ClubGreenwood.com/Yoga  
**CONTACT** Malissa Schwamm, x324  
MalissaS@ClubGreenwood.com



## AWAKEN your energy

- + swim and soak outdoors with a backdrop of mountains, flowers and wildlife
- + explore hidden trails and tree-lined streams on horse back
- + practice yoga and meditation in idyllic, private locations steeped in the healing environs of breathtaking nature

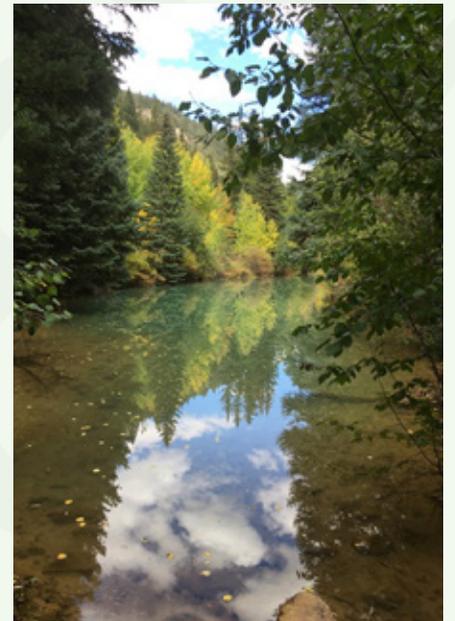
## ABSORB and nourish your being

- + enjoy meditative hiking and forest bathing
- + savor healthy, hearty foods
- + experience stargazing and the quietude of the great outdoors
- + pamper with massage and reiki
- + relax near quiet meadows and rolling streams surrounding the ranch

## ACTIVATE your energy, purpose and intuition

- + express yourself through *The Art of Journaling*
- + gain a deeper understanding of your dosha
- + learn how to prepare Ayurvedic recipes
- + share conversations with like-minded, spirited and soulful women

Science shows a weekend in nature lowers inflammation, reduces stress, reverses signs of depression and refreshes cognitive function, creativity and concentration. Step boldly outside to go peacefully inside, and **RETURN AWAKENED.**



“In every walk with nature one receives far more than he seeks.”

JOHN MUIR



### FRIDAY, MAY 31

- 11am** Check in, relax, enjoy the pool and hot tub, explore the ranch
- 12:30pm** Lunch, welcome, introductions and intentions
- 1:45pm** Horseback ride, rituals of restoration centering practice
- 4pm** *Awaken* Yoga
- 6:30pm** Ranch style cookout dinner
- 8:30pm** Campfire/wish setting activity
- 9:30pm** Retire for the evening

### SATURDAY, JUNE 1

- 7:30am** *Absorb* Yoga
- 9am** Breakfast
- 10:30am** 3–4 mile guided hike, forest bathing (fully clothed immersion in nature), sack lunch
- 2–5pm** Rest and relaxation, Custom aroma touch treatment+ or massage
- 5:45pm** Happy hour, Coors family history
- 6:30pm** Ayurveda cooking class and dinner
- 9pm** Stargazing, *The Tantric Art of “Tatrak” Meditation*
- 10pm** Retire for the evening

### SUNDAY, JUNE 2

- 8–9am** Breakfast/checkout
- 9:30am** *Activate* Yoga, *The Art of Journaling*, closing meditation
- 12pm** Return home

+ Treatments are not included in the retreat cost and must be booked in advance. To schedule an Aroma Touch Treatment, call Jen at 720.435.3251. To book a massage, call Tumbling River Ranch at 303.838.5981. Space is limited so pre-book early.

# AWAKEN TO YOUR AUTHENTIC NATURE

Women's Yoga and Wellness Retreat  
*Exclusive to Club Greenwood Members*

**MAY 31–JUNE 2, 2019**

## TUMBLING RIVER RANCH

Grant, CO (just an hour from Denver)

**\$1,200 ALL INCLUSIVE**

- + 3 days and 2 nights in mountain chic private cabins with separate bed/bath
- + Delicious, hearty and healthy meals  
MOST SPECIAL DIETARY NEEDS CAN BE ACCOMMODATED
- + Spectacular hiking from your front door
- + Daily outdoor yoga WEATHER PERMITTING
- + Horseback riding
- + Daily guided meditations
- + Two workshops:  
The Art of Journaling and  
Ayurvedic Cooking Class
- + Heated outdoor pool and sauna
- + Daily snacks, tea and coffee

\$500 deposit due by April 1, 2019  
Final payment due by May 15, 2019

**LIMITED SPACE, REGISTER EARLY!**



**TUMBLING RIVER RANCH** has been a 5280 Magazine *Best*, a Gene Kilgore Ranch Vacations *Top Choice*, and awarded a TripAdvisor *5-Star Excellence Award*. With a superb location nestled in a secluded valley high in the Rocky Mountains, Tumbling River offers the ideal setting for a spectacular reset, restore and revitalizing yoga retreat.

## INSTRUCTORS



**MALISSA SCHWAMM** is a lifelong yogi and adventurer. She thrives outdoors and believes adventuring is the most powerful way to connect with our authentic nature. She shares her passion for exploring, hiking, self discovery and

yoga through uniquely crafted retreats in Colorado and Ireland, and is always excited to share with like-minded, spirited groups. Malissa has discovered that laughter, tears, fear and excitement are all part of venturing into the unknown.



**GARGI AGARWALA** was born in India, raised in the United Kingdom and has lived in several parts of the world since. She left the corporate world to discover her true calling: helping people release stress and understand the importance of

self-care through yoga, meditation and coaching so health and happiness are accessible every day. Retreat guests will experience Gargi's deep knowledge of the doshas and learn hands-on preparation of Ayurvedic dishes.