

Hit the Trail Yoga Retreat

Day 1:

- Drive to Vinegar Creek (Leave Riggins at Noon)
- Snacks Provided at the launch site
- Jet Boat Ride to Ram House Lodge - 2pm
- Welcoming ceremony and orientation
- Yoga Class overlooking the river
- Free time - Soak up the Beauty and Relax
- Creative Happy Hour Activity
- 5 Star Dinner
- Wilderness Yoga Walk & Talk

Day 2:

- Singing Bowl & Tea Rise and Shine
- Guided Morning meditation
- Juice and light breakfast bar
- Yoga class
- Gourmet breakfast
- Interactive Yoga Hike - Epic Scenery
- Super Yummy Lunch (Biggest Meal)
- Free Time - Hit the Beach and Swim
- Happy Hour Games
- Refreshing Dinner
- Wilderness Yoga Walk & Talk

Day 3:

- Singing Bowl & Tea Rise and Shine
- Morning meditation
- Juice and light breakfast bar
- Yoga class
- Gourmet breakfast
- Pack up and Farewell Photo Shoot
- Jet boat back to Vinegar Creek
- Drive a few miles to a Beach for Lunch
- Closing Ceremony
- Back in Riggins before 5 pm
- Plan your next yoga retreat!

July 7th-9th

\$975 Early Bird Special

until June 1st

The Offering

- 2 Nights Stay at the Exclusive Ram House Lodge
- Jet Boat Tour into *River of No Return Wilderness*
- Sunrise Meditation & Honorary Silence
- Yoga for Hikers and Outdoor Enthusiasts!
- Learn to integrate yoga into your day to day life
- Delicious Organic Meals
- Access to Pristine White Sand Beach
- Limitless adventure opportunities
- An experience unplugged and aligned

*"I have felt more open, more settled and more at peace with myself and who I am since I returned home from Idaho. I feel like in many ways **I reached a major milestone when I was on the retreat** and things have been opening and unfolding in amazing ways since I returned home. Most importantly and dear to my heart is **my increased acceptance for myself and where I am in this moment in my life.** That has introduced a feeling of peace and openness that had been missing for who knows how long."*

- Megan, Washington DC
2016 Chakra Inbody Retreat

