



Women's Riding & Yoga Retreat with Julie Goodnight

C Lazy U Guest Ranch · Granby, Colorado

May 20-23, 2011 October 14-17, 2011

Thank you for your interest in our special yoga and riding retreat weekend. It's a fabulous program for women in a wonderful place—take advantage of off-season rates at a premier Colorado guest ranch with luxurious accommodations, plus riding with a world-class clinician for the weekend. Look over the details here then register by calling 970-887-3344 or email ranch@clazyu.com. See you in Granby!

The Itinerary

Friday

12:30	Lunch
2:00- 4:00	Group trail ride
5:00p	Introductory Yoga session
6:30	Cocktails
7:00p	Dinner
8:00p	Social time

Saturday

7:30-8:30	Breakfast
9:00-10:30p	Group One: Julie Goodnight lesson Group Two: Yoga
10:30-11:00	Break
11:00- 12:30	Group One: Yoga Group Two: Julie Goodnight lesson
1:00- 2:00	Lunch
2:00 – 3:30	Group One: Julie Goodnight lesson Group Two: trail ride or free time
3:30-5:00	Group One: trail ride or free time Group Two: Julie Goodnight lesson
5:00-5:30p	Break
5:30-6:15	Yoga stretch
6:30	Cocktails
7:00	Dinner
8:00 on	Horse talk around the campfire

Sunday

7:30-8:30	Breakfast
9:00-10:30p	Group Two: Julie Goodnight lesson Group One: Yoga
10:30-11:00	Break
11:00- 12:30	Group Two: Yoga Group One: Julie Goodnight lesson
1:00- 2:00	Lunch
2:00 – 3:30	Group Two: Julie Goodnight lesson Group One: trail ride or free time
3:30-5:00	Group Two: trail ride or free time



	Group One: Julie Goodnight lesson
5:00-5:30p	Break
5:30-6:15	Yoga stretch
6:30	Cocktails
7:00	Dinner
8:00 on	Horse talk around the campfire
Monday	
7:30-8:30	Breakfast
9:00-10:00	Group One: Julie Goodnight lesson
	Group Two: Yoga or trail ride
10:15-11:15	Group One: Yoga or trail ride
	Group Two: Julie Goodnight lesson
12:00	Lunch and good byes!

Details and Registration Information: Arrival is between 11:00 a.m. and 1:00 p.m. on Friday (no problem if you arrive later on Friday but you may miss the opening activities). Plan to arrive in plenty of time to check in, look around the ranch and settle your horse into a stall or get acquainted with the C Lazy U horses (ranch horses are available for those who are unable to bring a horse). Departure is after lunch on Monday. **Cost:** \$850 plus tax, 20% service charge, spa and bar charges; all-inclusive meals, lodging, horses, clinic and yoga sessions. **To Register:** Call 970-887-3344 or email ranch@clazyu.com

What to Expect

Above all else, expect to have a luxurious weekend getaway in the Rocky Mountain splendor of Colorado. Expect five star guest ranch accommodations, meals and service. Be sure to invite your cow-girl friends, but you'll feel comfortable coming on your own too with a support group of like-minded women. Check out www.clazyu.com for complete details about the ranch and watch the online video: <http://clazyu.com/TheRanch/RanchVideo/tabid/212/Default.aspx>



This renowned guest ranch, in cooperation with Julie Goodnight, have put together a riding and yoga retreat for women to entice visitors to the ranch during the shoulder seasons. Take advantage of discounted rates for world-class accommodations with riding and yoga programming included.

Spa services are available at the ranch but not a part of the structured retreat. Feel free to participate in as much or as little of the planned program as you want and if you want to schedule some spa treatments, you should be able to find time. You can schedule spa treatments once you are at the ranch.

Some participants will bring their own horses and others will use one of the great trail horses at C Lazy U; board or use of a ranch horse is included in the cost. Please let the ranch know if you are bringing a horse or need one of the ranch horses.

The clinic sessions with Julie Goodnight will be fun and productive with all riders and horses working at their own pace. Julie is there to make sure you have a good time, stay safe and learn something. She is really good at putting everyone at ease and making you feel more confident. From Julie's point of view, she is there for you—not the other way around. It's not about egos or impressing people, it's about you and your horse and making what progress you can while you have a good time.

The riding sessions with Julie will be divided into two groups, to make sure everyone gets some individualized instruction. Each group will have two 90 minute lessons with Julie each day and will have the option of yoga, trail riding, spa treatments (not included in price) or downtime in-between. We will break into two riding groups the first night and make sure that everyone who wants to be together gets to ride together.

The yoga sessions are taught by Ellen Mesaros and are oriented toward all levels of students, from never-evers through advanced practitioners. Ellen has an interest in horses herself and has developed a style of teaching that enhances your riding skill as you stretch and relax. Bring a yoga mat and accessories if you have them, a blanket and a water bottle; wear comfortable, stretchy clothes.

Don't worry about your stamina or ability level for the riding or the yoga—be it high or low. Everyone is encouraged to work at their own pace and level. If you get tired, feel free to sit out a session or end early. If there is an exercise you are not comfortable with, it's perfectly fine to skip it. There's plenty of time for in-depth questions and discussions and personalized attention. You will be learning alongside all sorts of riders—English and Western, beginner and advanced-- no matter what your level, you'll advance your skills and knowledge tremendously.



Spring and fall in the Colorado Mountains can be glorious, with vibrant colors, warm sunny days (usually) and cool crisp nights. As always, in the mountains, the weather can be unpredictable but the ranch has a toasty indoor arena when the weather gets blustery. Be prepared with all-weather gear and layers that will make you comfortable in all four seasons. But bring your bathing suit! The hot tub is glorious.

*“Expect to have fun, learn a lot about your horse, enjoy great company and a have a luxurious stay at one of Colorado’s premier guest ranches”
–Julie Goodnight, www.juliegoodnight.com*

Finding C Lazy U Ranch

C Lazy U Ranch • 3640 Colorado Hwy 125 • P.O. Box 379 • Granby, CO, 80446
970-887-3344 • ranch@clazyu.com

Out of state guests usually fly into Denver (DEN), a major hub airport which is serviced by most airlines. It is a 2 ½ hour drive from the airport to the ranch (115 miles). Some guests rent a car and drive; others will hire a car service (a company called “Home James” provides door-to-door service in a private car; other shuttle van services are available). Another option is to fly into Denver a day early, spend the night then take a cab to the train station and go by train to Granby (leaves once per day in the morning), where the ranch will pick you up (call Amtrak 1-800-872-7245). Once you are at the ranch, a car should not be needed.

Directions from Denver/DIA to C Lazy U Ranch

Proceed south out of Denver Intl Airport until you reach I-70 West. Take I-70 exit and continue on for approx. 1.25 hours (time varies depending on time of day and traffic flow). You will pass the town of Idaho Springs. 7 miles above Idaho Springs you will come to Exit 232. The sign will say "Rocky Mountain National Park & Winter Park." Take Exit 232 and stay on Highway 40 for approx. one hour. This is a two-lane highway that will take you over Berthoud Pass. You will pass through the towns of Winter Park, Fraser, Tabernash and Granby. Once past Granby, continue on Highway 40 for 3 miles and you will come to the junction of Highway 125. Turn right (the only way you can turn) and continue on Highway 125 for 3.5 miles. You will see a large sign over the main Ranch road. Turn right to enter. See the directions on Google Maps [here](#).

Airports and Services

Denver International Airport (DEN): All major airlines serve DEN. For a full listing of times and fares, guests should contact a local travel agent or the individual airline. <http://www.flydenver.com/>

Kremmling Airport: Non-commercial airport accommodating private jets. Elevation is 7,400', 5,500' paved all-weather, IFR, published VOR approach and GPS. Handles minor repairs, use of hangar for small planes. Fuel available all week (Jet A, 100LL). Contact number is 970-724-0611.

Granby Airport: Non-commercial airport accommodating private jets. Elevation is 8,203', 5,115' paved all-weather, VFR, fuel available upon request. Contact number is 970-725-3347.



Traveling with Horses

Board is included in the cost of the clinic fee; your horse will be stalled in outdoor pens with a shed roof. Please bring feed, bedding, and buckets. Your horse's stalls will be cleaned by the helpful CLU staff.

All horses must be current on vaccinations and de-worming. Horses arriving from out-of-state require a current Health Certificate and Coggins Test to cross state lines. Any horses displaying symptoms of infectious disease will not be stabled.

Colorado state law requires brand inspection (regardless of whether or not your horse is branded) for any horses originating within Colorado and traveling more than 75 miles from their home stable (call 303-294-0895 to locate your local brand inspector). Of course, no one will ever ask to see the brand papers unless you sell the horse (horses that travel frequently can get permanent brand cards).

