

# **Welcome to your Spoken Word Yoga Retreat to Montana Wellness Retreat August 24-29, 2023**

The mountains of Montana offer spectacular scenery for a truly magical retreat and it is a blessing to have this opportunity to travel with you to relax and recharge in nature. Together we will feed our bodies with nutritious, organic and locally sourced meals prepared by world-renowned celebrity Chef Suzanne Barr and rejuvenate our soul with Yoga and excursions through the extraordinary serenity of Glacier National Park. Our intention is to offer you an enhanced wellness experience designed to empower you with sustainable healthy habits that promote holistic well-being, leaving you feeling physically and spiritually rejuvenated.

In order to make every moment of your trip magical, I will need some preliminary information from you. I have attached a Yoga Retreat Questionnaire and Registration sheet that will ask you for your travel details, food and dietary preferences, and a description of any injuries or conditions you may have that could affect your Yoga practice or ability to participate in excursions.

Please complete the Questionnaire, Registration sheet, and the accompanying waiver and either scan and email it to me at [Christine@spokenwordyoga.com](mailto:Christine@spokenwordyoga.com) or mail it to 1515 Southeast 17<sup>th</sup> Street #460488, Fort Lauderdale, FL 33346 at your earliest convenience.

The following are a few logistical notes about booking your flight along with a description of the accommodations during our stay.

## **Transportation**

When booking your flight, plan for your arrival at FCA, Glacier Park International Airport, on August 24, 2023 before 6:00pm MST. Book your return flight from FCA any time on August 29, 2023. Spoken Word Yoga is facilitating your airport transportation, so please send your flight information via email to [Christine@spokenwordyoga.com](mailto:Christine@spokenwordyoga.com) the moment you book your flight, including all flight numbers, departure and arrival times, and connections so that we may track your flight if necessary.

Retreat packages include all transportation to our private home and all stops listed on the Retreat Itinerary. A Spoken Word Yoga representative will meet you at the FCA airport to transfer you to our private home in Whitefish.

## **Waiver and Registration Form**

Please carefully review and sign the attached Waiver, which includes payment deadlines and confirms your booking for the retreat. Our 5-bedroom luxury private home has limited accommodations and requires upfront payment for the reservation so payment is required in advance in order to reserve your room, therefore all payments are transferable to another participant, but non-refundable after July 25, 2023. I strongly encourage you to secure travel insurance to protect your trip.

## **Location**

Our private home is located in Whitefish, Montana, 3 miles from downtown Whitefish and 24 miles from Glacier National Park. Glacier National Park is home to 25 active alpine glaciers and has over 700 miles of hiking trails and more than 130 named lakes. The Native American Blackfoot tribe has lived in the area for thousands of years and the park contains many sacred sites that are important to the tribe's culture and history. Glacier National Park is part of the Crown of the Continent ecosystem, which is one of the most pristine ecosystems in North America and is home to a unique variety of plant and animal species.

The luxury private home is situated on 5 acres with mountain and meadow views with an expansive yard and huge back deck featuring a patio sofa and chairs surrounding a fire table and a large jacuzzi. From the beautiful mountain peaks, to the gourmet vegetarian food, to the healing energy of our daily Yoga practices and nightly star-gazing, we will be immersed in the powerful energy of the mountains of Montana.

## **Guest Rooms**

The spacious guest rooms include:

Grand Owner's King Bedroom (main level) — King size bed, 65" Smart TV, the private bathroom features dual sinks, a jetted tub and separate shower.

Primary Queen bedroom (upper level) — Queen size bed, private bathroom with tub/shower combo.

King Bedroom (upper level) — King bed, access to a Jack-n-Jill style bathroom with a free-standing tub/shower combo.

Queen Bedroom (upper level) — Queen bed with access to a Jack-n-Jill style bathroom.

Twin Bedroom (upper level) — Twin bed with twin trundle, private bath with a shower.

**Weather**

The daily temperature averages between 70-80 degrees F and the nightly lows between 40-50 degrees F. Whitefish is at an altitude of 3,000 feet and the area of Glacier National Park ranges from 3,000 to 6,000 feet, so altitude sickness is almost never an issue for visitors. Bring several layers for the temperature shifts throughout the day and a warm jacket and sleepwear for the cool evenings. During our stay, the fall leaves will begin changing color along the surrounding mountains and clear skies will set the scene for our hiking excursions and outdoor Yoga sessions. Pack strategically for the temperature shifts by planning to use a hiking backpack to store your layers as the temperature varies throughout the day.