

Montana Itinerary

September 12 - 18

*subject to change

Tues
9/12

- Arrival Day: Pick-up at airport
- Optional* Whitefish Farmers Market
- Catered dinner waiting for you at River Meadow Ranch
- 8 PM Relaxing yin/restorative practice

Wed
9/13

- 8 AM Energizing Flow
- 9 AM Breakfast in River Lodge
- 10:30 AM Head to Wild Horse Island for boat trip and hiking
- 5 PM Dinner in downtown Kalispell

Thurs
9/14

- 6 AM Sunrise Flow
- 7 AM Breakfast in River Lodge
- 8 AM Leave for full day in Glacier National Park (~45 min drive)
- 7 PM Catered Dinner in River Meadow Ranch (Taco Night!)
- 8 PM Stretch Session and Fire Pit

Fri
9/15

- 8 AM Energizing Flow
- 9 AM Breakfast in River Lodge
- 10 AM Depart for hike to Jewel Basin OR Buddhist Garden of the Gods
- 6 PM Dinner out on the town

Sat
9/16

- 9 AM Yin Flow
- 10 AM Breakfast in River Lodge
- 11 AM Depart for Whitefish for day of optional activities
- 6 PM Dinner at Whitefish Lodge

Sun
9/17

- 8 AM Vinyasa Flow
- 9 AM Breakfast in River Lodge
- 10 AM Depart for horseback riding adventure
- 5 PM Catered dinner back at River Meadow Ranch

Mon
9/18

- Hug everyone goodbye
- Shuttles to the airport