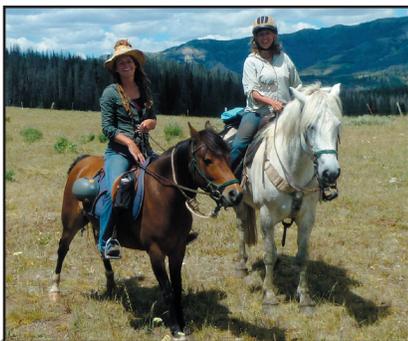


MOUNTAIN YOGA Women's Retreat

An unforgettable 5 days in the beautiful Shoshone National Forest near Dubois, Wyoming. We will travel by horse back to explore the serenity of the land and the quiet wisdom of horses with daily movement and meditation practices tailored to create ease in body and mind.



Our base camp is composed of large, comfortable canvas wall tents with raised cots, carpet and a wood stove. The fresh spring provides crystal clear drinking water while the camp shower and toilet provide creature comforts while still experiencing rugged rangeland.

Jamie Bedard, our yoga and meditation leader, appreciates that her yoga practice has led her toward a more compassionate way of being with herself and with other people. As a licensed social worker and trained yoga therapist, Jamie is interested in making the philosophical and physical practices of yoga accessible for all people, so that they might settle into themselves in a new and joyful way.

You will enjoy delicious meals; movement and meditation lead by Jamie Bedard; horse riding, hiking, fishing or swimming; trail rides through dramatic mountain sides of towering pine trees, lush green meadows, craggy valleys and clean creeks; the peace and tranquility that is the Wyoming Mountains, plush accommodations at our Base Camp.

July 8-12, 2018

\$1,700/person

Shared tent. Includes five-day/four-night trip all inclusive of meals, tent accommodations, yoga & meditation instruction, riding and taxes. Gratuities not included. Discounts available for groups.

All levels of experience in yoga, meditation and horse riding are welcome.



**BEAR BASIN
ADVENTURES**
DUBOIS, WY

307 - 349 - 4630
bearbasinadventures.com

Bear Basin Adventures is a qualified owner-operated business offering horse pack trips, fishing, drop trips and elk hunting on the Shoshone Forest in Dubois, WY. We are committed to meeting your needs as we guide you through awe-inspiring landscapes.