**4-day Buckaroo Balance Cowgirl Yoga Weekend Retreat**

**Tentative Schedule**

Arrive on Friday no later than 1pm

check-in at the lodge & drop off all your good stuff! Then find your ‘group’

you will have signed waivers & releases before you arrive

Bringing your own horse group:

set up your own corral &/or picket line

*if you brought your own horse, he or she must be trail safe & sound with current Coggins & vaccinations who does not kick or bite...anyone who cannot control their horse reasonably will not be allowed to participate in group trail rides.*

Riding one of our horses group:

Get to know your horse & tack, you will be assigned based on body stature first, experience & personality as well. Please give us as much information about you both physically & experience-wise before you arrive.

4pm Horsemanship lesson –ground work session on respect, trail etiquette & safety

6:30 dinner
After dinner Fire Talk:  expectations & goals for the weekend & beyond

**Saturday**
    Feed your horse

   sunrise yoga (sorry!  We have to get goin’!)
    8am breakfast
    9:30am hit the trail with your sack lunch! We hope to be back at the lodge by 3:30pm

    4:30  Relaxing/Restorative Yoga Session
    6:30 dinner
    FireTalk:  Anatomy talk core muscle vs. exterior muscle, differences in pelvis types. Where are you sore? Is it muscle sore or bone sore? What can you do differently?

 Evening calming savasana for restful sleep

**Sunday**

 Feed your horse

 8am early breakfast
    9am hit the trail
    10am yoga on the ridge with horses tied, loop ride home

 Lunch at the ridge (or possibly back at the lodge if it’s windy!!!??)

 Trail ride all afternoon, location & topic to be determined by the participants’ & their bodies, topics may include, balance, posture, trotting, loping, laterals vs. bending etc.

 4:30  Relaxing/Restorative Yoga Session
    6:30 dinner
    FireTalk:  Extension of Anatomy talk. Rider Evaluation discussion, how to assess when you are doing it right?

 Evening calming savasana for restful sleep

**Monday**

    Feed your horse

 8am early yoga
    9am breakfast
    10:30am final ground work session to review the retreat & concepts to take home

 Pack it up
     lunch before you hit the trail on home