



# VERMEJO

A TED TURNER RESERVE

## MOUNTAIN MAGIC WELLNESS RETREAT

AUGUST 19-23, 2021

There's nothing quite like the rejuvenation that comes from days immersed in Vermejo's high mountain forests, soaking in nature and breathing in the crisp pine-scented air.

This summer, why not take it to the next level? Spend four days at Costilla Lodge, stretching your body and spirit.

Join Vermejo's expert wellness instructors and Melanie Webb, founder of Sol Fitness Adventures and WEBBWELL, and author of Mother Nature's Gym, as we enjoy energizing fitness classes, yoga, meditation and adventures in nature! Movement, activities, and breathtaking views are complemented by fresh, healthy, meals inspired by the harvest from our greenhouse and local farms. Wind down the evening chatting fireside with your new-found friends.

Vermejo's Mountain Magic Wellness Retreat is a perfect way to find yourself in nature!



Thursday August 19th	Friday August 20th	Saturday August 21st	Sunday August 22nd	Monday August 23rd
<p><i>Our sample itineraries give you an idea how you might spend your days at Vermejo. All activities and events are subject to change based on weather.</i></p> <p>3:00-4:00PM Arrival &amp; Welcome at Vermejo Lodge Ride to Costilla Lodge</p> <p>5-6:30PM Group meet &amp; greet Yoga Foundations Workshop</p> <p>7:00PM Chef's Delight Dinner <i>followed by</i> Elemental Welcome Ceremony</p>	<p>6:00AM Fresh Juice Bar</p> <p>7:00 - 8:00AM PIYO <i>Pilates, yoga &amp; cardio!</i></p> <p>8:15AM Light &amp; Lively Breakfast</p> <p>9:30-2:00PM Guided Mountain Biking or Fly Fishing with picnic lunch</p> <p>3:00- 7:00PM Immersive Sound Journey</p> <p>7:00PM Chef's Delight Dinner <i>followed by</i> Stretch &amp; Unwind <i>with Melanie Webb</i></p>	<p>6:00AM Fresh Juice Bar</p> <p>7:00 - 8:30AM Circuit Workout and Guided Meditation <i>with Melanie Webb</i></p> <p>8:45AM Light &amp; Lively Breakfast</p> <p>10:00AM-1:00PM High Country Horseback Ride &amp; Seven Lakes Lunch</p> <p>1:30- 4:00PM Free time <i>Read, journal, nap...</i></p> <p>4:30-5:30PM Joy of Movement Dance Workshop</p> <p>6:30 PM Chef's Delight Dinner <i>followed by</i> Full Moon Ceremony</p>	<p>6:00AM Fresh Juice Bar</p> <p>7:00 - 8:00AM Rise &amp; Stretch</p> <p>8:15AM Light &amp; Lively Breakfast</p> <p>9:30-2:00PM Full-Day Hike to Casias Lakes &amp; Ptarmigan Peak <i>and lunch with a view!</i></p> <p>5:30-6:30PM Gentle Yoga flow &amp; breathwork</p> <p>6:30PM Chef's Delight Dinner <i>followed by</i> Stargazing &amp; Closing Tea Ceremony</p>	<p>6:00AM Fresh Juice Bar</p> <p>7:00 - 8:00AM Optional Sunrise Hike</p> <p>8:15AM Light &amp; Lively Breakfast</p> <p>10:00AM Departure</p>

*\*Rates include 3 meals daily, all non-alcoholic beverages, and all listed activities.  
Excludes: alcoholic beverages, transfers, private guides, spa services, photo sessions.*