



**GLACIER NATIONAL PARK
WHITEFISH, MONTANA**

REFINED WILDERNESS



JOIN ME IN MONTANA

In 2005, I visited Montana and Glacier National Park for the first time, and it completely captured my heart. From the towering peaks to the serene trails, it became a place of inspiration and healing for me. Over the years, it's remained one of my most cherished escapes, and now I'm so excited to share its magic with you.

Join me from July 31 – August 4, 2025, for an exclusive Yoga & Pilates Wellness Retreat at the beautiful Mountainside Lodging and Retreats in Whitefish, Montana, nestled near Glacier National Park. This intimate retreat is a chance to connect deeply with nature, yourself, and a supportive community, all in a place that means so much to me.

Why This Retreat Is Special:

- Daily Yoga and Pilates: Practices designed to align your body and mind.
- Awe-Inspiring Setting: Experience the same natural beauty that first took my breath away in 2005.
- Intimate Accommodations: A cozy, boutique experience with personalized attention.
- Curated Meals and Snacks: Enjoy delicious, health-focused meals and snacks available throughout the day.
- Time to Explore: Discover the trails and vistas of Glacier National Park, a place that always leaves me in awe.

ITINERARY

The itinerary is designed with flexibility in mind and may be adjusted based on weather conditions and the needs of the group. Additional activities and options may also be introduced to further enhance your retreat experience.

THURSDAY, JULY 31

Transfers from Glacier Park Airport
Welcome orientation
Yoga/Pilates
Dinner

FRIDAY, AUGUST 1

Morning Pilates
Breakfast
Free Time to enjoy on-site activities
Lunch
Evening Yoga
Dinner

SATURDAY, AUGUST 2

Morning Yoga
Breakfast
Day trip Glacier National Park
Lunch + snacks in the park
Meditation in the park
Dinner

SUNDAY, AUGUST 3

Morning Pilates
Breakfast
Free Time to enjoy on-site activities
Lunch
Evening Yoga
Dinner
Fireside Gathering



MONDAY, AUGUST 4

Pilates + Yoga
Breakfast
Airport transfer

ADDITIONAL DETAILS:

During free time, choose from kayaking, e-bike rides, hiking, add on wellness services, journaling, or simply unwinding amidst nature. Or, take our convenient shuttle to discover the charm of downtown Whitefish.

ACCOMMODATIONS



THE ROOST

This beautifully appointed 2,300-square-foot house offers the most comfortable stay imaginable, with a full kitchen and dining area, and plenty of common spaces. Curl up on the living room couch in front of the fireplace or on the patio. The following rooms are offered in The Roost:

King Suite

700-square-foot, upstairs king suite with fireplace and en suite bathroom with heated floors, clawfoot bathtub, shower and dual sinks.

Queen Suite

Main floor queen suite with a luxurious queen bed and full bathroom.

Queen Bedrooms

There are two queen bedrooms with a shared hallway bathroom. The bathroom has a bathtub shower and dual sinks.



ACCOMMODATIONS



THE COOP

Calling to mind an old-fashioned mercantile, The Coop is an upcycled, freshly remodeled building featuring six queen suite guest rooms and a wraparound porch.

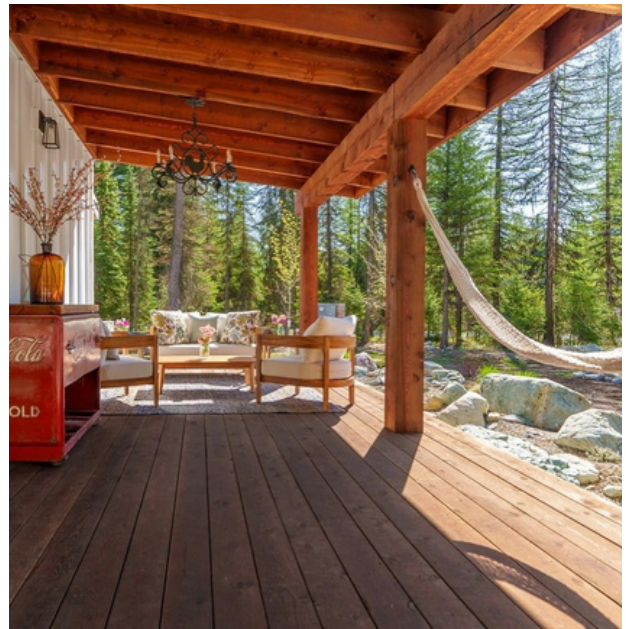
Each guest room features a luxurious queen bed, a perfectly appointed kitchenette, an en suite bathroom and a cozy seating area.

The Coop's wraparound porch offers spacious seating at both ends of the building, with couches, chairs, and hammocks for enjoying the warm morning sun or a cool, shaded afternoon. The manicured grounds face National Forest land, creating a feeling of welcome and serenity among the pines.



AMENITIES

- High-speed Wi-Fi
- Washer and dryer
- Natural soaps and lotions
- Hairdryer
- Cozy fire pits
- Hammocks + outdoor blankets
- Outdoor yoga pavilion
- Indoor yoga space
- Access to kayaks and e-bikes
- Hiking poles
- Expansive 20-acre property
- Snacks always available





MOUNTAINSIDE

INCLUDED

Airport Transfers
4 Breakfasts, 3 Lunches, 4 Dinners + Snacks
All transportation
Entrance to Glacier National Park
Yoga, Pilates + Meditations

NOT INCLUDED

Airfare
Things of personal nature
Alcohol
Travel insurance
Wellness treatments

PRICES

The Roost King Suite

- Single Occupancy \$4720

The Roost Queen Suite

- Single Occupancy \$4370

The Roost Queen Bedroom

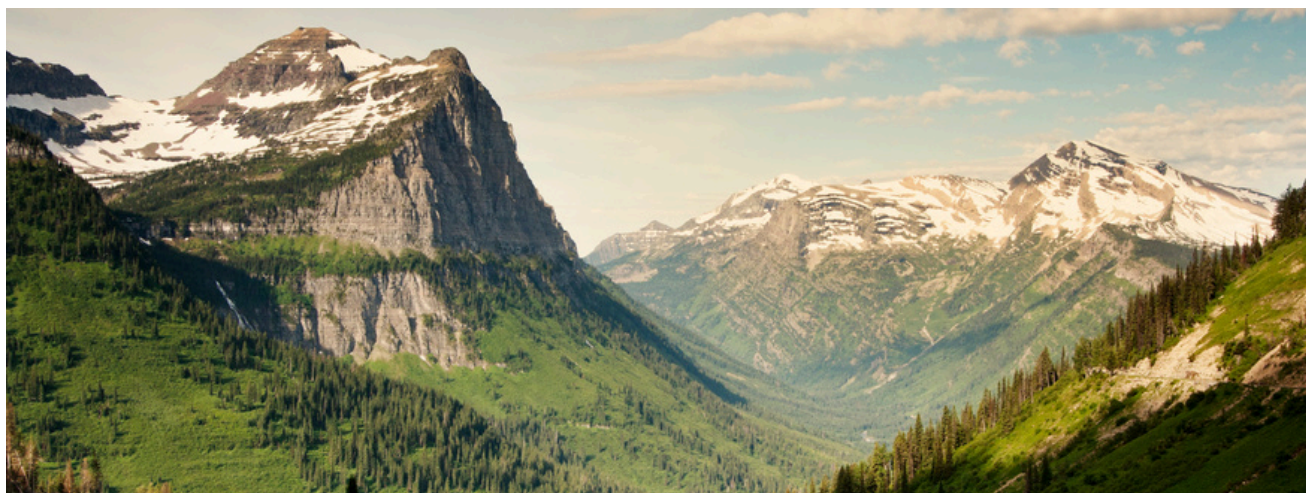
- Single Occupancy \$3870

The Coop Queen Suite

- Single Occupancy \$4270

*If you are traveling with someone and would like to share a room, we can offer a reduced rate, based on availability.

Additional information + photos can be found at
<https://mountainsidelodging.com/>



RESERVE YOUR SPOT

Spots are filling quickly for this boutique wellness retreat! Reserve your place now with a 25% deposit. Payments can be made via Zelle or credit card (with a 3.5% processing fee). Full terms and conditions are available at kategreenpilates.com.

Payment Schedule:

- 25% deposit due at booking
- Additional 25% due by February 14, 2025
- Final payment due 90 days before the retreat

If booking after February 14, 2025, a 50% deposit will be required.

Due to the highly personalized nature of this experience and the upfront costs of planning, all payments are non-refundable. For peace of mind, travel insurance is strongly recommended. If needed, reservations may be transferred to another person (subject to approval and retreat criteria).

To reserve your spot, or if you have any questions, please email, text, or call:
Email: kategreenpilates@gmail.com

Phone/Text: 219-629-5554

KATE GREEN

Kate Green is a world traveler, avid hiker, and intuitive fitness coach with a deep passion for guiding others on their journey to wellness. With years of experience in Pilates and yoga, Kate's retreats embody her grounded wisdom, dynamic strength, and a nurturing feminine touch, creating a space where guests can truly thrive.

Her global adventures and connection to nature inspire a holistic approach to fitness, blending movement and mindfulness in harmony with the world's most breathtaking landscapes. Kate's philosophy goes beyond physical wellness; she intuitively understands how to balance the mind and body, empowering her clients to find strength and serenity within themselves.

Each retreat reflects her dedication to creating transformative experiences that nurture the soul, offering a space to reconnect, recharge, and rise into your fullest potential.

