

Wild West Wellness Reset Itinerary



Friday July 16, 2027 – Arrival Day

- **3:00 PM – Check-In with Ranch Hosts**

Arrive at the Ranch and settle into your accommodations. Meet your hosts and get oriented for the weekend retreat.

- **5:00 PM – Post-Travel Stretch with Chaz**

A gentle, chair-based stretch that will help you unwind from your journey and reconnect with your body, breath and intentions.

- **6:00–8:00 PM – Cows & Cocktails with BBQ Dinner**

Enjoy a relaxed evening gathering featuring signature cocktails, a classic ranch-style BBQ dinner, and a chance to meet the ranch's four-legged residents and your fellow retreat guests.

Saturday July 17, 2027 – Grounding & Connection

- **8:00 AM – Light Breakfast Bar**

Start your morning with fresh coffee, tea, and a light breakfast featuring local and seasonal selections.

- **9:00 AM – Guided Hike, Mindful Walking, and Trail Stretch**

Connect with your retreat intentions while immersing in nature on a guided hike through the ranch's beautiful scenic trails. We will begin by learning an easy "Walking with Mindfulness" technique taught by Chaz and end with a resetting post-hike stretch. Light snack will be provided along the way.

- **11:30 AM – Brunch**

Refuel with a hearty ranch-style brunch following your morning practice.

- **2:00 PM – Healing Breathwork with our Chef Rachael Hedeem**

Experience a powerful, guided breathwork session led by Rachael Hedeem, using rhythmic breathing and music for emotional release and self-discovery.

- **1:00–5:00 PM – Snack Happy Hour**

Enjoy the afternoon at your leisure with refreshing beverages and light snacks available throughout this casual social hour.

- **4:00 PM – Opening Session/Fun Yoga Workout with Chaz**

First, continue to explore what you want to release and manifest. Then, enjoy an energizing and fun yoga class that will awaken you to the life that's waiting for you! Join the Yoga Party! (open to all levels)

- **6:30 Sporting Clays Clinic with Caroline** –Join Caroline for a fun Sporting Clays Clinic before dinner—covering safety, shooting fundamentals, and plenty of time breaking clays with your friends!

- **7:30 PM – Dinner**

Gather for a delicious chef-prepared gourmet dinner featuring fresh, seasonal ingredients and ranch-inspired dishes.



Sunday July 18, 2027 – Joyful Wild West Transformation & Renewal

- **8:00–11:30 AM – Gourmet Breakfast Buffet**

Start your morning with fresh coffee, tea, and a light breakfast featuring local and seasonal selections.

- **9:00–11:00 AM – Morning Activities (Select one)**

Choose from ATV Excursion, Horseback Trail Ride, or Sporting Clays

- **12:00PM – Group Shuttles to Stanford Stampede Rodeo (Stanford, MT)**

Join fellow guests for a real-life rodeo and true slice of Montana life. Cheer for Cowboys and Cowgirls while they bull ride, rope, barrel race, and more. Gonna be one helluva good time!

- **5:00 PM – Return Shuttles to The Ranches at Belt Creek**

- **6:00–7:00 PM Post-Rodeo Wind-Down with Chaz**

End the day with a blissful session that will truly relax and unwind your body and mind.

- **7:00 PM – Dinner in the Clubhouse**

Enjoy a delicious chef-prepared gourmet dinner featuring fresh, seasonal ingredients and a warm, communal atmosphere.

Monday July 19, 2027 – Integration & Farewell

- **8:00 AM – Light Breakfast Bar**

Start your morning with fresh coffee, tea, and a light breakfast featuring local and seasonal selections.

- **8:30–9:30 AM – Morning Horseback Trail Ride (Optional, Limited to 6 Riders)**

Enjoy a peaceful final ride through the ranch's rolling hills and open skies.

- **10:00–11:00 AM – Closing Session & Final Fun Flow with Chaz**

Seal the weekend by integrating the insights and clarity you gained, and finish with a joyful and fun flow that will help you celebrate the new you.

- **11:30 AM – Brunch & Departures**

Gather for one final meal together, sharing reflections and farewells before departing at your leisure.

