

Wild West Wellness Reset Itinerary



Thursday July 16, 2026 – 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.

Friday July 17, 2026 – 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 – Opening Session/Fun Yoga Workout with Chaz

We'll set the intention for our Wild West Reset Together and then enjoy an energizing and *fun* yoga class that will awaken you! Join the Yoga Party! (open to all levels)

- 11:30 AM – Brunch

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

- 1:00 PM – Guided Hike and Mindful Walking

Connect with 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. Light snack will be provided along the way.

- 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.

- 7:00 PM – Dinner

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

- 8:30 PM – Post-Dinner Wind-Down with Chaz

End the day with a blissful session that will truly relax your body and prepare it for deep, restful sleep.



Saturday July 18, 2026 – Transformation & Renewal

- 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)

Begin your day with a peaceful trail ride across the ranch's rolling landscape. Guests participating in this morning ride are asked to select one of the Deep Stretch sessions in the afternoon as their activity choice.

- 10:00 AM – 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.

- 11:30 AM – Brunch

Gather for a nourishing brunch featuring seasonal ranch fare, providing time to ground and reflect following your morning session.

- 1:00–3:00 PM – Afternoon Activities (Session 1)

Choose from ATV Excursion, Horseback Trail Ride, Sporting Clays, or Deep Stretch with Chaz.

- 3:00–5:00 PM – Afternoon Activities (Session 2)

Choose from ATV Excursion, Horseback Trail Ride, Sporting Clays, or Deep Stretch with Chaz.

All guests are encouraged to select one session with Chaz.

- 6:00 PM – Dinner in the Clubhouse

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

- 7:00 PM – Group Shuttles to Stanford Stampede Street Dance (Stanford, MT)

Join fellow guests for a lively evening at the Stanford Stampede Street Dance in downtown Stanford, Montana.

- 10:00 PM – Return Shuttles to The Ranches at Belt Creek

Group shuttles will return guests to the Ranch after the Street Dance.

Sunday July 19, 2026 – 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.

