



MONTANA - BIG SKY COUNTRY

"Soul-Quest Retreat" The Blacktail Ranch, Wolf Creek, MT July 7 – 14, 2012



Join Janet Conner, *"Soul Specialist"* author of *"Writing Down Your Soul"* and Gayle Lawrence, *Journeys of Discovery Travel* for an adventure filled, Soul Quest Retreat in Big Sky Country! Montana is still thought of as nature at its wildest and most awe-inspiring, views of snow capped mountain's, meadow's filled with wild flowers and blue sky so big you get lost in it!

The Blacktail land is rich with Native American history and Janet will use these Wisdom Teachings as we work with the Medicine Wheel and create our own Medicine Bundles. We'll share daily group time in the Hogan as Janet guides us on our Soul Quest experience. Our week will offer plenty of outdoor adventure and new experience to support us in a deeper personal Soul connection! Gayle will facilitate group time with some gentle hearted horses as they teach us more about fear, trust and personal sensitivity. Then saddle up for a group trail ride as we explore the Blacktail and see some jaw-dropping spectacular scenery! Mid-week we'll share a Native American sweat lodge ceremony to cleanse and purify our mind, body and spirit. The Missouri river will take us on a gentle raft trip and remind us how to keep flowing with life and it challenges. Then like Robert Redford in "A River Runs Through It", we'll practice patience and becoming more flexible as we try our hand at fly-fishing! Our Soul Quest adventure week ends as we return to the womb of Mother Earth on an excursion to the Bear cave on Blacktail land. You'll have plenty of free time to do your own thing, ride, hike, swim in the river, practice yoga, have a massage or sit in the hot tub. Relax on the porch and breathe pure mountain air keeping an eye out for moose or black bear crossing the meadow!

The Blacktail Ranch

Is an 8,000 acre jewel located at the base of the Continental Divide, where the Rockies meet the prairie. The ranch borders the National Forest so there are endless hiking and riding trails. The South Fork of the Dearborn River flows through the center of the ranch, feeding rich meadows and deep, lush aspen groves. The famous "A River Runs Through It" Blackfoot River and the Missouri River are just minutes away. The Ranch's location along the Northern Pacific Flyway offers remarkable bird watching opportunities from eagles and hawks to warblers and hummingbirds. Larger animals can be seen traversing the ranch such as elk, deer, moose and black bear. Not to be confused with roughing it, the Blacktail Ranch provides lovely accommodations and organically grown, healthy home-cooked meals.



Retreat Daily Itinerary

Day 1. July 7, 2012 Sat.

Fly into Great Falls, MT. United, Delta and Alaska Airlines are usually the best options for lower fares. The Blacktail Ranch shuttle will pick you up at the airport and a 90 minute drive takes you to the ranch. Shuttle pickup and departure transfer is \$100.00. We will organize several shuttle pick-up times based on everyone's flight information. If your flight arrives later than 6pm, you will need to fly into Great Falls on July 6 and spend the night and take the morning shuttle to the ranch. Both the Heritage Inn (406)761-1900 and The O'Hara Hotel (406)454-2141 offer discounts for Blacktail Ranch programs, and have free shuttles to and from the airport.

Day 2. July 8, Sunday...Today is all about horses!

"No Horse Experience is Necessary!"

After breakfast we'll meet in the Hogan for our retreat orientation and get to know one another. Then we'll meet some very gentle hearted horses and explore the powerful lessons that horses can teach us about

SoulQuest Retreat Cost: \$2,075.00

minimum of 10 participants

Includes:

- 7 nights shared accommodations in the main lodge (private cabins available – additional cost)
- Breakfast, lunch, dinner daily / snacks
- use of Blacktail Ranch amenities / spa and hot tub
- "all activities outlined in the program"
- group horseback ride
- fly-fishing clinic
- river raft trip
- morning guided hike
- facilitated Native American sweat lodge
- Blacktail cave excursion
- private fire ceremony last night
- Retreat program facilitated by:
Janet Conner and Gayle Lawrence

Not Included:

- shuttle transfers airport to ranch - \$100.00
- additional horseback riding - \$50 per hour
- group yoga classes - \$15 PP / 4 minimum
- massage and body work - \$70.00 per hour

Retreat space is limited, sign up early!

\$700.00 deposit

Contact Journeys of Discovery Travel

Visit: www.ajourneyofdiscovery.com

Call Gayle at: 727-785-5563

www.writingdownyoursoul.com

Janet Conner: 727-772-1118

ourselves and serve as a mirror of our own emotions. We'll be working on the ground with the horses as Gayle facilitates, "Basic Horse Introduction 101" and then "Horses as Friends and Spiritual Teachers". Gayle's life has been about horses from childhood ponies up through a professional career owning race-horses and a large show-horse training facility in Minnesota. Through the years horses nurtured Gayle through some very painful and difficult life transitions, they were best friends and therapists. With horses, you have to be completely honest and develop a bond of trust, we'll explore how to connect and communicate with our patient horse teachers on a physical and energetic level.

After lunch the fun and adventure begins as we head off on a group trail ride with our new horse companions. There's nothing quite like seeing the wild and rugged beauty of Montana than from the back of a horse! Don't worry if you don't know a fetlock from a forelock, you won't be alone! I've christened my dear friend, Janet Conner, "The Horse Virgin"! Janet has never been near a horse, touched one or much less ridden one but she's eager for this experience! The Soul craves adventure and new experience, this is how we grow, gain more confidence in ourselves and move through insecurity, horses are wise and loving teachers for us.

Day 3. July 9, Monday After a hearty Blacktail Ranch breakfast we'll stretch our legs on a guided hike with ranch owner, Sandra Renner and learn more about the history of the Blacktail land. There is great bird-watching opportunities and who knows what other creatures may cross our path! Later we'll meet in the Hogan for some facilitated group discussion time with Janet as she begins teaching us about working with the energy and elements of the Native American Medicine Wheel. Afternoon is free to go horseback riding, take a swim in the river, fishing, hiking, exploring thousands of acres of wilderness, bird watching, enjoy the hot tub and sauna or just relax on the front porch and breathe pure mountain air! Group time before dinner to prepare for our River Adventure tomorrow.....what will the River teach us? What stories will she share? Option for evening yoga class in the Hogan with Kim (resident yoga teacher) if enough are interested.

Day 4. July 10, Tuesday - Recommended reading: "Time is a River" by Mary Alice Monroe.

Today is about what we can learn from the river and we begin by having a group "fly-fishing" clinic on one of Montana's Prime Blue Ribbon Rivers! This will be a really fun adventure for our "Soul-Quest", but about so much more than just fishing". The River has much to teach us as well as the fly-fishing rod. The rod is about "flexibility" and the importance of "following through" and ultimately, becoming "one" with our focus and intent. Plan on lots of laughter, mostly from our fly-fishing guides as they watch us! In the afternoon, after a delicious picnic lunch on the river, we'll enjoy an easy rafting trip to enjoy the beautiful scenery and see what else the river might reveal. Evening session with Janet in the Hogan.

Day 5. July 11, Wednesday - Facilitated Native American Sweat Lodge

Morning group discussion to prepare for the afternoon sweat lodge ceremony. The sweat lodge comes from the Native American culture and it is a purification sacred ceremony. The sweat lodge ritual cleanses and purifies on all levels, physical, spiritual, emotional and mental. The lodge is a place of safety, giving, sharing, receiving, releasing, cleansing and healing. Done with ceremony and ritual, it becomes a place where we connect more deeply with ourselves, each other and our Earth Mother. Our sweat lodge will be facilitated in the Native American tradition.

Day 6. July 12, Thursday

This morning is free for you to do as you wish and take advantage of all the The Blacktail has to offer its guests. For those who would like more time with the horses, Gayle will be available for one-on-one sessions for ground work or will be happy to accompany you on a trail ride. A group yoga class can be scheduled if enough are interested. Janet will facilitate a group discussion time in the Hogan after lunch to prepare for our time in the Bear Cave the next morning. We'll talk about Bear as a messenger guide and what Bear Medicine teaches. Tonight we'll laugh and share stories around the campfire, maybe even roast some marshmallows!

Day 7. July 13, Friday - The Cave

This morning our group will visit the Blacktail Cave. It's an easy 2 mile hike for those who want to walk or one of the ranch hands will take us there in the truck. We'll venture below the earth's surface, into the void of the womb of Mother Earth. We'll call on the Spirit of Bear to help us find the answers that lay hidden in the void. You can opt for a picnic lunch on the creek bank outside the cave or return to the lodge for lunch. Our last afternoon at The Blacktail is free for optional act swim or horseback ride. This evening after dinner we'll close our Soul-quest retreat sacred circle with a fir

Day 8. July 14, Saturday - Bid Farewell to The Blacktail

Please do not book your return flight out of Great Falls any earlier than 8am. We'll arrange several different airport depending on everyone's departure times. This "Soul-Quest" week at The Blacktail will bring you back home cleansed on all levels with more confidence, personal power and clarity about your Soul's life purpose. Join Gayle and Janet for an extraordinary retreat of personal discovery, fun, laughter and new adventures under the Big Sky Country in Montana!



