



blair vaughn

Hello everyone!

Following are some helpful bits of information, and packing tips to help you prepare for your **Playful & Grateful Yoga Retreat at Waunita Hot Springs Ranch.**

A little bit about our destination

Waunita Hot Springs Ranch is just under 4 hours south west of Denver. The accommodations are in the historic Ranch House and Hillside Lodge. The 95 degree, natural spring-fed pool is a relaxing way to connect with nature and others on the retreat. The pool is a 35ft wide by 90ft long pool - one of the largest private swimming pools in all of Colorado - and it's completely fed by the natural hot springs. The pool adjacent is maintained at 100 degrees.

For more info about Waunita Hot Springs Ranch visit: www.waunita.com

General Info:

Plan for high-elevation mountain weather. Be prepared for variable weather and lots of sunshine.

Check-In Time: 4:00pm Friday October 19

Check-Out Time: 12:00am Sunday October 21

Waunita Hot Springs Ranch does NOT offer WiFi and there is NO cell phone service. They do have a phone for emergencies the number 970-641-1266.

Directions: When you are on HWY 50 in between Monarch Pass and Gunnison the turn off is at mile marker 176. There are signs before you turn... one is a blue directional sign and the other is a green hwy sign. You will turn north onto County Road 887 and travel about 8 miles to the ranch.

Lodges:

Rooms are heated with towels, and linens are provided. Bathrooms and showers are in each room. Rooms are rustic so if you have a favorite pillow or blanket that you like to snuggle with please pack in your amazing suitcase that has lots of stories.

Food:

Because we will have brunch on Saturday please feel free to pack any food you may want for early Saturday morning or any snacks during your stay. There will be a kitchen available for you to store anything in a refrigerator. I'll be making coffee and tea early Saturday & Sunday mornings for the

ones who need their fixes. Tammy Pringle (the owner) with support of others will be providing our meals. All meals will be vegetarian. I'll communicate with her all allergies so please make sure you list on your registration form or communicate directly with me any allergies.

What to Bring:

- * Yoga Mat, Yoga Block, Yoga Strap, Eye Bag
- * Water Bottle - NO GLASS
- * Travel Mug
- * Bathing Suit
- * Robe
- * Warm winter layers - hat, gloves, scarf, winter coat
- * Snow boots (jic)
- * Yoga clothes
- * Healthy snacks or any food you may want over the weekend like a juicy hamburger(lol)
- * Sunscreen, sunglasses, and sun hat for day soaking
- * Book & Journal
- * Head Lamp
- * Arnica (if this is something you use)
- * Pillow and/or favorite blanket
- * Flip Flops
- * Walking shoes

Please introduce yourself on the Facebook private closed group so we can start connecting. Ask any questions. Connecting with others to carpool. Please continue to contact me with any questions ~

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