

Colorado Sojourn



September 10-12, 2021

Colorado Sojourn

Journey to the Mountain



Hi! I am Christine, the founder of Lotus Sojourns. I am so excited for this journey to Colorado. I look forward to connecting with you and others we meet as we travel, exploring the beautiful mountains, and tapping into the transformational power held in groups of women having collective experiences.

Lotus Sojourns is a unique community of women, just like you, who travel together and experience a journey incorporating personal transformation, adventure, philanthropy, spiritual connection, and community building.

This journey is unique because we will have the opportunity to spend three months together, connecting and building a foundation for our time together. We will support one another as we train for our climb, preparing mentally, physically and spiritually as a collective. I know that when we are standing together at the top of the mountain our collective joy, accomplishment and love will be so powerful!

The journey between what you once were
and who you are now becoming
is where the dance of life really takes place.
~ Barbara De Angelis

I am excited for you to know yourself on the other side of this journey and honored to stand beside you along the way!

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Trip Highlights!

- ✿ Travel with like-hearted women who are also seeking authentic connection with their fellow travelers and our destination.
- ✿ Comprehensive and customized training plan for physical and mental preparation, including stamina/conditioning, strength building and yoga for flexibility
- ✿ One-on-one coaching sessions keep you motivated
- ✿ A supportive group to learn and grow through the experience with others
- ✿ Virtual group gatherings with experts on physical, mental and spiritual aspects of the journey
- ✿ Journey to the Mountain weekend retreat where you'll join fellow Sojourners for welcome dinner, hike of a 14,000+ foot peak in central Colorado, and post-hike celebration dinner

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Your Sojourn will be co-guided by Becki Rupp



Becki Rupp, Certified Personal Trainer & Health Coach, Owner of Trailblazer Wellness

Becki is a certified personal trainer and health coach who helps women gain the strength, skills and confidence to reach their active adventure goals. Becki's best days are when she hears from clients that they've reached a milestone or recognize the progress they've made.

Over the past 30 years she has hiked multiple "14ers" (peaks that are 14,000 feet or more in elevation) and hundreds of other trails across the US and in multiple countries. She has also searched mountains and forests for missing people in five states as a member of a wilderness search and rescue team.

Becki is closely connected to these great mountains. The view from her house in central Colorado includes Mt. Shavano, which is 14,232' high.

"I felt my lungs inflate with the onrush of scenery - air, mountains, trees, people.
I thought, 'This is what it is to be happy!'"
~ Sylvia Plath, *The Bell Jar*

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Trip Pricing . . .

Full Experience

3-Month Pre-Trip Training Program with Trailblazer Wellness AND

Colorado Sojourn: Journey to the Mountain Retreat: \$1,695*

14er Hike Training Program ONLY - \$975*

* Early Bird Discount and BONUS

Sign up by May 21 to get \$100 off PLUS 2 additional weeks of training/
coaching

Additional Costs:

Transportation to the Journey to the Mountain Retreat in central Colorado
(near Breckenridge)

Upgrade to single room by request - limited availability.

Note:

Registration for this experience is available until June 7th. Limited availability
for the in-person retreat.

Pre-Journey Training Details

<i>Week 1</i>	Introduction to the training plan and one-on-one meetings with Becki to customize the training plan based on your lifestyle, current activity level and preferences.
<i>Week 2</i>	Group session on Preparing for a Transformational Experience, including journaling guidance.
<i>Week 3</i>	One-on-one coaching session with Becki, yoga session with Christine via Starlight Yoga Montana.
<i>Week 4</i>	Group session on selecting footwear and gear with Beth Bershader, who has hiked the 100 highest mountains in Colorado, as well as high peaks in Central and South America.
<i>Week 5</i>	One on one coaching with Becki.
<i>Week 6</i>	Group session on the history and culture of the Ute Nation in the Colorado mountains, yoga session with Christine.
<i>Week 7</i>	One-on-one coaching sessions with Becki.
<i>Week 8</i>	Group session with open Q&A and experience sharing.
<i>Week 9</i>	One-on-one coaching sessions with Becki.
<i>Week 10</i>	Group session on nutrition with dietician and long-distance hiker and triathlete Jacque Maldonado, yoga session with Christine via Starlight Yoga Montana.
<i>Week 11</i>	One-on-one coaching sessions with Becki
<i>Week 12</i>	Group session on altitude and what to expect on hike day with Bridget Bryson, member of Chaffee County Search and Rescue who has hiked all Colorado 14ers (and then some!)

Journey to the Mountain Colorado Retreat Details

<i>Day 1</i>	Join Together
Friday September 10	<p>Arrive on your own to the retreat property near Breckenridge, CO.</p> <p>Guests arriving from out of state and flying into Denver International Airport may rent a vehicle or may independently coordinate a shared ride to the mountains with other members in the group.</p> <p>Welcome gathering and dinner.</p> <p>We will start our Sojourn by gathering in circle to connect and set intentions for our journey and continue the inner work that will accompany our experiences during this Sojourn.</p>
Accommodations	Retreat Property TBA - Based on Group Size.
Meals Included (D)	Welcome Dinner

<i>Day 2</i>	Journey Together
Saturday September 11	<p>Early wake-up and breakfast.</p> <p>Travel by personal vehicle to the trailhead for the hike.</p> <p>We will stop for silence in recognition of the victims of 9/11 at a designated time.</p> <p>Hike to the summit of Mt. Quandary, with periodic breaks for nutrition, reflection and celebration!</p> <p>Post-hike dinner and Sojourn Sharing.</p>
Accommodations	Retreat Property TBA - Based on Group Size.
Meals Included (B, D)	Breakfast and dinner at accommodation or nearby restaurant.

<p><i>Day 3</i></p>	<p>Our Final Gathering</p>
<p>Sunday September 12</p>	<p>Yoga Session led by Christine</p> <p>Breakfast</p> <p>Enjoy our final moments together in this group of women who has Journeyed to the Mountain together!</p> <p>Say our goodbyes and depart.</p>
<p>Accommodations</p>	<p>Check out of Accommodations.</p>
<p>Meals Included (B)</p>	<p>Breakfast at accommodations or nearby restaurant.</p>

What's Included...

INCLUDED:

- All transformational exercises facilitated by Christine Winebrenner Irick and Becki Rupp
- 3-month training plan for hiking a mountain of 14,000+ feet with cardio/stamina building cadence, strength training exercises and yoga sessions, developed by personal trainer and yoga instructor.
- Bi-weekly one-on-one coaching sessions with certified health coach
- Bi-weekly group sessions with expert guest speakers on topics related to physical, mental and spiritual preparation.
- Facebook group for camaraderie, support and laughs!
- Journal and exercises for exploration.
- Lodging for the Journey to the Mountain Retreat*
- 2 dinners and 2 breakfasts for Journey to the Mountain Retreat*
* applicable for those who sign up for the Full Colorado Sojourn with Journey to the Mountain Retreat

NOT INCLUDED:

- Personal transportation to the Journey to the Mountain lodging.
- Personal transportation to the hike trailhead.
- Lunch and snacks on the hike...we will offer tips to prepare before the journey.
- Alcoholic beverages.
- Trip insurance. Strongly suggested for those joining the in-person retreat.
- Cost of medical care, emergency transportation or evacuation if necessary (we sure hope not!). This can be covered by specific trip insurance.
- Personal items and gear.
- Gym membership or workout equipment.