

# Julie Goodnight



## Women's Riding & Yoga Retreat with Julie Goodnight C Lazy U Guest Ranch · Granby, Colorado

*Thank you for your interest in our special yoga and riding retreat weekend. It's a fabulous program for women in a wonderful place—take advantage of off-season rates at a premier Colorado guest ranch with luxurious accommodations, plus riding with a world-class clinician for the weekend. Look over the details here then register by calling 970-887-3344 or email [ranch@clazyu.com](mailto:ranch@clazyu.com). See you in Granby!*

### What to Expect

Above all else, expect to have a luxurious weekend getaway in the Rocky Mountain splendor of Colorado. Expect “five spur” guest ranch accommodations, meals and service. Be sure to invite your cow-girl friends, but you’ll feel comfortable coming on your own too with a support group of like-minded women. Check out [www.clazyu.com](http://www.clazyu.com) for complete details about the ranch.



This renowned guest ranch, in cooperation with Julie Goodnight, have put together a riding and yoga retreat for women to entice visitors to the ranch during the shoulder seasons. Take advantage of discounted rates for world-class accommodations with riding and yoga programming included.

Spa services are available at the ranch but not a part of the structured retreat. Feel free to participate in as much or as little of the planned program as you want and if you want to schedule some spa treatments, you should be able to find time. You can schedule spa treatments once you are at the ranch.

Some participants will bring their own horses but most participants will use one of the great trail horses at C Lazy U; use of a ranch horse is included in the cost. With a remuda over 200, the ranch is sure to have a horse you’ll enjoy riding. After you check in, the head wrangler will talk to you personally to find you the right mount. When you register, please let the ranch know if you are bringing a horse or will be riding one of the ranch horses.

The clinic sessions with Julie Goodnight and her staff will be fun and productive with everyone working at their own pace. Julie and her staff are there to make sure you have a good time, stay safe and learn something. They are really good at putting everyone at ease and making you feel more confident and have a good time. From Julie’s point of view, she is there for you—not the other way around. It’s not about egos or impressing people, it’s about you and your horse and making what progress you can while you have a good time.

The riding sessions with Julie will be divided into groups, to make sure everyone gets some individualized instruction. Each group will have a mini-clinic with Julie each day and you will also have the option of working with Twyla (Julie’s long-time associate), for personal help. The rest of the day is filled with yoga sessions, trail riding, hot-tubbing, spa treatments (extra charges apply) or any of the other ranch amenities. We will break into smaller groups the first night and make sure that everyone who wants to be together gets to ride together.

The yoga sessions are taught by a professional yoga instructor and are oriented toward all levels of students, from never-evers through advanced practitioners. Yoga sessions are taught with an appreciation for applying yoga to horsemanship and the daily challenges riders face.

Don't worry about your stamina or ability level for the riding or the yoga—be it high or low. Everyone is encouraged to work at their own pace and level. If you get tired, feel free to sit out a session or end early. If there is an activity you are not comfortable with, it's perfectly fine to skip it. There's plenty of time for in-depth questions and discussions and personalized attention. You will be learning alongside all sorts of riders—English and Western, beginner and advanced-- no matter what your level, you'll advance your skills and knowledge tremendously.



Fall in the Colorado Mountains can be glorious, with vibrant colors, warm sunny days (usually) and cool crisp nights. As always, in the mountains, the weather can be unpredictable but the ranch has a heated indoor arena when the weather gets blustery. Be prepared with all-weather gear and layers that will make you comfortable in all four seasons. But bring your bathing suit! The outdoor hot tub is world-class!

### **Celebrating 97 Years as a Guest Ranch**

There is an authentic dude ranch out west where the Colorado River runs off the Continental Divide and winds its way through mountain valleys. It's a land of green meadows, blue skies, and crisp Colorado air. This is Colorado ranch country, and has been for almost a century. Things have changed some since the early days, but the history of horseback riding, fly fishing and Colorado family vacations remain a stronghold of tradition that passes down from one generation to the next.

Since 1919, the C Lazy U guest ranch in Colorado has been celebrated around the world for its rich history, rustic elegance, legendary cuisine, and signature 5-Spur Service™. There is something (and then some) for everyone who enjoys luxury dude ranch vacations. Kids enjoy adventure and discovery while adults do everything they want, or nothing at all. Corporations and groups enjoy this all-inclusive dude ranch as a simple and secluded corporate retreat location destination. Get ready to plan your perfect ranch wedding at C Lazy U and enjoy the beautiful western vistas and activities C Lazy U offers!

*“Expect to have fun, learn a lot about your horse, enjoy great company and have a luxurious stay at one of Colorado’s premier guest ranches” –Julie Goodnight, [www.juliegoodnight.com](http://www.juliegoodnight.com)*

## **The Schedule**

### **Friday**

- 12:30 Lunch buffet
- 2:00 Orientation ride with Julie followed by a trail ride
- 5:00 Introductions and orientation
- 6:00 Cocktails and appetizers in the lounge
- 7:00 Dinner, full-course, sit-down service
- 8:00 Divide into riding groups

### **Saturday, Sunday**

- 7:30 Breakfast, open seating
- 9:00-12:00 Rotate through 2 of 4 sessions (clinic, tutoring, yoga, or trail ride)
- 12:30 Lunch
- 1:30-4:30 Rotate through 2 more sessions
- 5:00 Evening discussions with Julie
- 6:00 Cocktails and appetizers
- 7:00 Dinner is served
- 8:00 Horse talk around the campfire



## Monday

7:30	Breakfast, open seating
9:00	Ladies choice: ride with Julie, do yoga, trail ride, spa
12:00	Lunch and good byes!

**Details and Registration Information:** Arrival is between 11:00 a.m. and 1:00 p.m. on Friday (no problem if you arrive later on Friday). Out of state guests are highly encouraged to arrive a day ahead (extra charge) to acclimatize and get familiar with your ranch horse. If you are arriving Friday, plan to arrive in plenty of time to check in, look around the ranch and settle your horse into a stall or get acquainted with the C Lazy U. Departure is after lunch on Monday. Many guests prefer to add a few days to their trip and come early or stay late to enjoy the hospitality of the ranch. Call the ranch for current prices.

**To Register:** Call 970-887-3344 or email [ranch@clazyu.com](mailto:ranch@clazyu.com)

## Finding C Lazy U Ranch

C Lazy U Ranch • 3640 Colorado Hwy 125 • P.O. Box 379 • Granby, CO, 80446  
970-887-3344 • [ranch@clazyu.com](mailto:ranch@clazyu.com)

Out of state guests usually fly into Denver (DEN), a major hub airport which is serviced by most airlines. It is a 2 ½ hour drive from the airport to the ranch (115 miles). Some guests rent a car and drive; others will hire a car service (a company called "Home James" provides door-to-door service in a private car; other shuttle van services are available). Another option is to fly into Denver a day early, spend the night then take a cab to the train station and go by train to Granby (leaves once per day in the morning), where the ranch will pick you up (call Amtrak 1-800-872-7245). Note: the train service through the mountains is beautiful but often experiences delays. Once you are at the ranch, a car should not be needed.

## Directions from Denver/DIA to C Lazy U Ranch

Proceed south out of Denver Intl Airport until you reach I-70 West. Take I-70 exit and continue west for approx. 1.25 hours (time varies depending on time of day and traffic flow). You will pass the town of Idaho Springs. 7 miles above Idaho Springs you will come to Exit 232. The sign will say "Rocky Mountain National Park & Winter Park." Take Exit 232 and stay on Highway 40 for approx. one hour. This is a two-lane highway that will take you over Berthoud Pass. You will pass through the towns of Winter Park, Fraser, Tabernash and Granby. Once past Granby, continue on Highway 40 for 3 miles and you will come to the junction of Highway 125. Turn right (the only way you can turn) and continue on Highway 125 for 3.5 miles. You will see a large sign over the main Ranch road. Turn right to enter. See the directions on Google Maps [here](#).



## Airports and Services

**Denver International Airport (DEN):** All major airlines serve DEN. For a full listing of times and fares, guests should contact a local travel agent or the individual airline. <http://www.flydenver.com/>

**Kremmling Airport:** Non-commercial airport accommodating private jets. Elevation is 7,400', 5,500' paved all-weather, IFR, published VOR approach and GPS. Handles minor repairs, use of hangar for small planes. Fuel available all week (Jet A, 100LL). Contact number is 970-724-0611.

**Granby Airport:** Non-commercial airport accommodating private jets. Elevation is 8,203', 5,115' paved all-weather, VFR, fuel available upon request. Contact number is 970-725-3347.

## Traveling with Horses

Your horse will be stalled in outdoor pens with a shed roof. Please bring feed, bedding, and buckets. Your horse's stalls will be cleaned by the helpful CLU staff.

All horses must be current on vaccinations and de-worming. Horses arriving from out-of-state require a current Health Certificate and Coggins Test to cross state lines. Any horses displaying symptoms of infectious disease will not be stabled.

Colorado state law requires brand inspection (regardless of whether or not your horse is branded) for any horses originating within Colorado and traveling more than 75 miles from their home stable (call 303-294-0895 to locate your local brand inspector). Brand papers are rarely checked; horses that travel frequently can get permanent brand cards.

