

Women's Riding & Wholeness Retreat

C Lazy U Guest Ranch, Granby Colorado, April 27-May 1, 2017

Join Julie Goodnight and Barbra Schulte for four nights and five days in the glorious Rocky Mountains to gain new riding skills, explore your passions and to indulge yourself in "5 Spur" luxury at the renowned C Lazy U Guest Ranch www.clazyu.com. Beyond improving your horsemanship with daily lessons from two of the most popular clinicians in the U.S., you will also enjoy guided trail rides on the expansive ranch, plus workshops on personal growth. You will explore ways to expand your inner strength, confidence, emotional control and focus, fitness, and healthy living.

This multidimensional riding retreat includes vacation time, horsemanship and self-empowerment. It will leave you a more skilled horsewoman, refreshed and rejuvenated, to pursue what you love ... in your own style ... in any area of your life.



About the Clinicians:



Julie Goodnight is the popular RFD-TV host of Horse Master airing Monday nights. Julie travels the USA sharing her no-nonsense horsemanship training with riders of all disciplines. Whether you ride English, Western, dressage or trail ride, Julie's teaching helps you feel more confident in the saddle and helps you understand the "whys" of horsemanship. You'll get horse training help, when you need it. She loves continually learning and sharing horse behavior insights and she relates that knowledge to how you should interact with your horses.

She's experienced in dressage and jumping, racing, reining, cow horse, colt-starting, and wilderness riding. You've probably seen her regular series in Horse Illustrated, The Trail Rider and many other horse publications. Julie is honored to be the International Spokesperson for the Certified Horsemanship Association and was named Equine Affaire's Exceptional Equestrian Educator. Julie grew up on the

hunter-jumper circuits in Florida, but is now at home in the west. She and her husband Rich Moorhead live in the mountains in Salida, Colorado. Both love versatility ranch horse competitions and riding cow-horses.

Barbra Schulte grew up in the Midwest on her family's ranch with over 400 horses. She helped train and market the horses for resale through college. Barbra continues to ride, show and love horses. She is always impressed by how horses can impact people's lives to help them become stronger, more empowered people ... and if needed, stand by their side to help heal their broken spirit.

In addition to coaching riding skills, Barbra is passionate about helping riders in all disciplines grow their confidence, discover how awesome they truly are and help them find just the right avenues for them to live their dreams. She helps riders grow their potential through free articles on her website, clinics, retreats, books & online workshops. She is a Personal Performance Coach for Riders, the Author of four books, a Cutting Horse Trainer, a Speaker and a Clinician. She is an honoree in the National Cowgirl Hall of Fame. She is the recipient of the National Female Equestrian of the Year Award. Barbra lives with her husband, Tom in Brenham, Texas.



Daily Program:

6:30 Sunrise walk and talk with Barb and Julie
7:30 Healthy start breakfast w/ short inspirational talk
9:00-11:30 Breakout Sessions*
12:00-2:00 Lunch and Personal Empowerment workshop
2:30-4:30 Breakout Sessions*
5:00 Evening presentation and social hour
7:00 Dinner followed by Fireside chats

*Breakout sessions: Small groups rotate between horsemanship lessons with Barb and Julie; guided trail rides; equestrian fitness.



Some participants will bring their own horses but most will use one of the many great trail horses at C Lazy U and the awesome "valet" service the CLU wranglers provide; use of a ranch horse is included in the cost. You can bring your own horse if you prefer (see requirements below). Please let the ranch know when you register if you are bringing a horse or need one of the ranch horses.

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 hot tub is world class!

Details and Registration Information:

Total cost is \$1627.76, and includes meals, lodging, horses, program, tax and service charge. Participants are responsible for their travel to and from the Ranch, any alcoholic beverages and/or spa services. The ranch is located about 2 hours west of the Denver airport by rental car, car service or train.

To Register: Call 970-887-3344 or email ranch@clazyu.com

Arrival is between 11:00 a.m. and 1:00 p.m. on Thursday. Plan to arrive in plenty of time to check in, look around the ranch and settle your horse into a stall (if you bring one) or get acquainted with the C Lazy U horses (use of a ranch horse is included in the cost). Departure is after lunch on Monday.

The Ranch encourages out-of-state guests to arrive a day early to adjust to the altitude (8500 feet above sea level) and get familiar with your horse; also, feel free to ask about availability to add on an extra day or two at the end of the program, for a longer vacation. Additional charges apply; call the ranch for current pricing.

Spring in the Colorado Mountains can be glorious but unpredictable, with warm sunny days (usually) and nights below freezing. As always, in the mountains, the weather can be unpredictable but the ranch has a toasty 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 hot tub is world-class!

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

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; the train often experiences delays in the schedule), where the ranch will pick you up (call Amtrak 1-800-872-7245). 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 on 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

Private horses are welcomed; please be sure to let the CLU staff know when you register if you are bringing a horse. Your horse will be stalled in outdoor pens with a shed roof and water trough. Please bring feed, feed buckets and bedding. Your horse's stall will be cleaned daily 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 and horses that travel frequently can get permanent brand cards.



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 tradition.

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!