

# WELLNESS EXPERIENCES





# GROUND YOUR PRACTICE

## *Refine* YOUR FOCUS

Whether standing before  
breathtaking mountainscapes,  
journeying to a historic  
schoolhouse, or enjoying the  
premier wellness center, our  
yoga and fitness classes are  
expertly curated to unravel  
your deepest tensions. Here, the  
busyness of life melts away, the  
balance of body and mind is  
embraced, and the company of  
kindred spirits is discovered. No  
matter where you find yourself  
at Brush Creek Ranch, there's  
room to decompress and deeply  
breathe in renewal.





## SIGNATURE WELLNESS EXPERIENCE

Immerse yourself in a fusion of healing sound vibrations and therapeutic massage. Set in the calm and cozy atmosphere of our historic schoolhouse, you will bathe in the ancient ritual of medicinal frequencies and sound waves while absorbing the benefits of a nourishing massage. Embrace this offering for an experience of tranquility and deep relaxation. Ages 18+. Up to 2 guests.

*60 Min: \$250 Per Person | 90 Min: \$350 Per Person*

*2 Hours: \$450 Per Person | Includes Guided Meditation & Tea Ceremony*

## FITNESS

### BOOT CAMP

A class designed to push you outside your regular limits through a hybrid combination of high intensity, cardio, and strength training movements. Participate in everything from burpees and pushups, to running, core, and weightlifting. The variety of movements keeps your body guessing, working, and sweating. As intimidating as Boot Camp can sound, this class is ideal for someone who is up for a good challenge and seeking the deepest, most rewarding level of exercise.

*+All levels | 1 Hour*

### STRETCH & FLEX

Ideal for anyone looking to improve posture, build strength, and increase mobility. The class will feature active stretching and low-impact exercises that will leave you feeling refreshed!

*+All levels | 1 Hour*

### STRENGTH

Designed to increase physical strength through weight-bearing and resistance exercise. This class will incorporate traditional weight room exercises and compound movements using weighted bars and dumbbells to challenge you. You can expect to learn proper lifting techniques, challenge your muscular endurance, and sweat. This class can accommodate any age, any goal, and any fitness level.

*+All levels | 1 Hour*

### COWBOY STRONG

A combination fitness class. Hike or snowshoe a mile round trip. In the summer, stop halfway at the breathtaking Falcon's Peak overlook where you will participate in a dynamic fitness experience using bodyweight and resistance bands. In the winter, head back to the Wellness Center for the same session. Designed to tone and tighten, this class is sure to get your heart pumping!

*+All levels | 1.5 Hours*



# YOGA

## SLOW FLOW YOGA

This beginner-level class is designed to support all bodies and abilities. Experience a slow-paced, low-intensity session providing foundational alignment and simple sequences that will help prevent injury and improve strength and flexibility.

+All Levels | 1 Hour

## SNOWGA ❄️

Bundle up and embrace winter's wonders with Snowga! Warm your muscles and build internal heat by snowshoeing to our historic Schoolhouse for a uniquely revitalizing session that unites mind, body, and spirit. Utilizing breath and dynamic postures, we will uncover a deeper connection to ourselves and nature. Snowga will leave you feeling refreshed and rejuvenated!

+All levels | 1 Hour

## SUNRISE YOGA ☀️

Salute the sun the Wyoming way! Offered every day of the week, Sunrise Yoga is an all-level Hatha/Vinyasa-style class that awakens the body and invigorates the mind so that you can jump into your daily activities with ease. We meet at the Activities Barn at 6:45am and then drive to Falcon's Peak overlook for your morning yoga experience.

**\*\*Please sign up at the activities desk by 5pm the day before you intend to practice.**

+All Levels | 1 Hour

## RESTORATIVE YOGA

Encourages deep physical, mental, and emotional release. Appropriate for all levels, this class employs slow and gentle postures and uses props like blankets, bolsters, and blocks to support profound rejuvenation at the cellular level. Through this journey, we stimulate the parasympathetic system to ease and soothe the mind and body.

+All Levels | 1 Hour

## YOGA NIDRA

Yoga Nidra is a guided meditation performed while lying on the ground that brings the practitioner to the state of consciousness between waking and sleep. Relieve stress by activating the relaxation response and improving the function of the nervous and endocrine systems. Yoga Nidra helps cell regeneration and repair, while decreasing anxiety and improving your mood.

+All Levels | 1 Hour

## YIN YOGA

A surrendering practice where we hold gentle, grounding poses for two-five minutes with the intention of releasing fascia and connective tissue to improve joint mobility and mental dexterity. Yin postures balance the internal organs and improve the flow of Prana, or life force energy, in the body. The focus of this class is to connect with the breath, find stillness, and create space in the body and the mind.

+Intermediate | 1.5 Hours

## FOREST BATHING NATURE MEDITATION ☀️

Close your eyes, open your mind, and indulge in a quiet moment among the trees during a meditation in nature. Forest Bathing encourages you to slow down and engage with natural surroundings through the five senses. This practice will help you unplug from the stressors of daily life and reconnect to the present moment, allowing you to relax and unwind.

+All Levels | 1 Hour

## MEDICINE BOWL SOUND HEALING

Bathe in the sound waves of gongs, singing bowls, percussion, chimes, rattles, tuning forks, and vocals. During the Medicine Bowl Sound Healing, you will relax into a deeply supported Savasana while drifting off into a state of harmony and bliss. Allow the rhythm and frequency to carry you into alpha and theta brainwaves to achieve deeper states of relaxation, dissolve stress and anxiety, and leave you feeling refreshed and inspired.

*+All Levels | 1 Hour: \$300*

## VINYASA & VIBRATIONS

Connect with your body and breath during this slow, intentional 60-minute flow, designed to release tension in the body and calm the mind. Ease into a 30-minute, full-body Sound Bath experience that uses sound to invite gentle yet powerful therapeutic and restorative frequencies to nurture the mind and body.

*+All Levels | 1.5 Hours: \$180*

## GOAT YOGA ☀️

Unwind and get up-close with our energetic and lovable baby goats. There's no shortage of smiles and laughs during this fun and lighthearted yoga class designed for all levels. Receive a Goat Yoga T-Shirt to commemorate your experience!

*+All Levels | 2 Hours: \$180 | +\$50 to elevate the experience with a cheese tasting after Goat Yoga.*

## PRIVATE YOGA & FITNESS CLASSES

Looking for a wellness experience tailored to your personal goals? Try a Private Yoga or Fitness Class with one of our friendly and knowledgeable instructors, who will curate an experience that will take your wellness journey to the next level.

*1 Hour: \$100 | 1.5 Hours: \$180*

## LUXURY SPA SERVICES

Drawing inspiration from both American Western traditions and our vast natural ecosystems, our premier Trailhead Lodge and Magee Homestead Spas are ready to pamper you with everything from massages to body treatments and facial services. Soothing saunas and steam rooms invite you to further relax mind, body, and spirit after a memorable day exploring our Ranchlands.

*A La Carte Pricing | Inquire for Details*



## **HOURS OF OPERATION**

8 am - 5 pm

## **RESERVATIONS**

Visit the Activities Barn or call 307-327-2016

## **CHECK-IN**

Activities Barn

## **CANCELLATION**

24-Hour cancellation policy for A-La-Carte Activities: Activities cancelled within 24 hours accrue a fee equivalent to the cost of the activity. Sunrise Activities: Advanced notice requested. Please advise the Activities Coordinators by 5pm the day before a cancelled Sunrise Activity.

## **EARLY OR LATE NIGHT APPOINTMENTS**

Sunrise Yoga and Fitness classes are offered at 6:45am daily. Sound Healings can be reserved at any time. Yoga and Fitness classes can be reserved at any time for an additional cost.

## **EQUIPMENT PROVIDED**

### **YOGA**

Mat, Blocks, Straps, Blankets,  
Eye Pillows, and Sand Bags

### **FITNESS CLASSES**

Dumbbells, Kettlebells, Weighted Bars, Medicine Balls,  
Resistance Bands, Foam Rollers, Ellipticals, Treadmills,  
BOSU Balls, TRX Machine, and Peletons

## **LATE ARRIVALS**

Instructors will offer a 10-minute grace period once the activity begins to allow for late arrivals.

## **PAYMENT INFORMATION**

Payment can be charged to your room or by credit card. Cash is not accepted.



**BRUSH CREEK RANCH**