

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.
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

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.

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: \$200

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

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

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.

À La Carte Pricing | Inquire for Details

GREENHOUSE YOGA EXPERIENCE Fall-Spring

Begin your journey with an immersive tour through our 20,000-square-foot Greenhouse, selecting your favorite fruits and vegetables right from the vine. Rejuvenate with a flow yoga session surrounded by lush greenery. As you stretch and strengthen, the fragrant air filled with the scent of fresh plants enhances your practice, fostering a deep connection to the earth. Afterward, savor fresh-pressed juice from your plucked ingredients to nourish your body and elevate your spirit. This harmonious blend of wellness and nature promises a revitalizing escape from the everyday. Ages 18+

+All Levels | 2.5 Hours: \$200 | 3 Hours with Sound Healing: \$300

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 à 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.

