

Wellness Retreats: Come Home to Your Spirit

Private Retreats at My Home in Jackson Hole, Wyoming
June, July, August & September

Why Jackson Hole Right Now

The Grand Teton Mountains and the Greater Yellowstone Ecosystem are playing a pivotal spiritual role in the current evolution of the earth and her consciousness. The Teton Mountains in Jackson Hole are the new heart chakra of the evolving earth. These energies support spinning off what is no longer essential and aligning you through your heart to the new earth frequencies.

And, it is gorgeous here! Big nature, clean air, warm days and cool nights and incredible night skies.

Where You Will Stay

My daughter Ariel and I live about 6 miles south of the town center of Jackson, high up (7000') in an area called Game Creek. The first level of our home is a separate, furnished, two bedroom apartment with its own separate entrance, kitchen, bathroom and washer/dryer. There are large picture windows in each room, as well as an outside deck looking over a huge vista of the Teton Mountains and the Snake River.

What You Will Eat

My daughter Ariel is an Organic Chef. I will be her sous-chef in preparing from one to three meals and healthy snacks for you daily, depending on your preferences. We can also stock your kitchen with groceries you order. We will accommodate all special dietary needs and goals.

What You Can Do

Anything, everything or nothing... in the summer it stays light here until after 9 PM!

We Will Be Your Concierge

Choose from any of these body, mind and spirit options below based on your wishes, your preferences and your budget. We will be happy to arrange any of the following for you:

* Time with me for any combination of: Soul Readings, Forgiveness Work, Finding Your Higher Calling, Identifying and Releasing Karmic Patterns, Calibrating to the New Frequencies, Improving Your Relationships, Developing Your Psychic Skills, Accelerating Your Evolution, Channeling Sessions to answer any of your personal questions.

* Time with Ariel, who is also both a certified personal trainer and yoga instructor, for one-on-one fitness training and yoga, indoors and/or outside

* Massage or other spa treatments can be arranged at the house or in town. (We know the best of Jackson Hole!)

* Hiking right out the door and/or in Grand Teton National Park (half hour drive) on exquisite trails...take a picnic along if you like. Jackson is hiking heaven!

* Mountain biking on the many nearby trails right out of the house and beyond

* Whitewater or scenic rafting on the Snake River

* Horseback riding in Game Creek and beyond

* Half or full-day guided tour of the parks with a trained naturalist

* Fly-fishing with a private guide

* Rent a car and make a day trip to experience Yellowstone

* Try tandem (someone goes with you!) paragliding off the mountain at Jackson Ski Resort

* Awaken at dawn for a hot air balloon ride

* Drive to local hot springs for a soak

* Sunbathe on the deck

* Enjoy an evening concert at the Grand Teton Music Festival

*Take your car to a movie at The Spud, one of the few remaining 1950's Drive-In Movie theaters

* Go to the local rodeo on a Wednesday or Saturday night

With whatever you choose, you will also...

* Be nurtured in body, mind and spirit.

* Sleep well in the high mountain air...warm in the day and cool at night.

* Breathe clean mountain air with very low humidity.

* Drink spring water straight from our taps.

* Stargaze and/or sunbathe on your deck.

* See wild animals

* Have fun!

* COME HOME TO YOUR SPIRIT

Fees:

* You determine the dates for your retreat based on availability. The apartment is \$200/night, accommodates up to 3 or 4 people and includes our concierge service. One night deposit required. Cancellation and full refund one week prior to arrival; no refunds less than seven days prior to arrival.

* Healthy, organic home-cooked meals: \$75 per person/per day for three meals (or a la carte: breakfast \$20, lunch or picnic lunch \$25, and dinner \$30).

* Stocking the pantry with your list of groceries: \$25 plus the price of the food.

* Personal Training with Ariel: \$75/hour.

* Yoga with Ariel: \$75/hour

* Time working one on one with Carol: \$150/hour.

* Activity fees at regular retail prices. We will publish them as soon as they are available for this summer. You can also check the calendar of local festivals and events when planning your dates.

How To Get Here

BY AIR: Jackson Hole Airport is the only jetport inside a National Park serviced by the following airlines: Delta, Northwest, United and American.

BY CAR: We are a 4 ½ hour drive from Salt Lake City, Utah and a 2 hour drive from Idaho Falls, Idaho (there is a jetport there...often tickets to Idaho Falls are less expensive and seats more available). Or, make this part of a road trip...map quest the best routes.

* Please note: Wellness Retreats are provided as a mother-daughter partnership with Carol Mann at www.yourcosmiccafe.com and Ariel Mann at www.jhwellnessatwork.com

If you are interested signing up for one of our Wellness Retreats, please Contact Us today!

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