

ROAM in Boulder, CO

Reclaiming Our Ageless Magnificence!

Measure your age in energy, not in years!



You definitely want to join us in Boulder this fall if you:

- > Are feeling out of touch, drained of energy and disconnected.
- > Are in transition with family, career or relationships.
- > Need a break and chance to gain perspective, vitality and connection with like-minded women,
- > Would you like to learn practical ways to bring more mindfulness and movement to your daily life?



THIS EXCURSION WILL INCLUDE THE FOLLOWING AND MORE ...

- Four-night stay at the historic Boulderado Hotel
- Mindfulness teachings and meditations
- At least two hikes (*easy/moderate*) at Flatirons and Mt. Sanitas
- A High Tea at the Dushanbe Tea House
- Energy work with a local Reiki Master
- Yoga at a local studio
- Amazing meals (*daily breakfast, most dinners and 2 lunches*)
- Transportation to/from airport included if 3 or more guests have similar travel agendas. Otherwise, will provide info for easy shuttle.
- Personal time for possible Spa, exploring area (*including Pearl Street shopping two blocks away*)

Contact Jean for more details - jean@potentiacoaching.com

What's In Store

Welcome and meet in the lobby of the Boulderado

Check-in by 4pm

First mindfulness meeting at 5:30

Dinner



Breakfast

Morning session (*1.5 Hours*)

Easy hike

Free time (*Tea or Energy Session*)

Dinner



Breakfast

Hike Mt Sanitas *Mindfulness on Hike*

(*Picnic Lunch*)

Activity

Dinner on own



Breakfast

Mindfulness session

Free time

Activity

Dinner

Early breakfast and depart for Denver airport

Short mindfulness session if time allows

(days & times of activities subject to change)