



Colorado Sojourn

Journey to the Mountain



September 10-12, 2021

Colorado Sojourn

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Hi! I am Christine, the founder of Lotus Sojourns. I am so excited for this journey to Colorado. I look forward to connecting with you and others we meet as we travel, exploring the beautiful mountains, and tapping into the transformational power held in groups of women having collective experiences.

Lotus Sojourns is a unique community of women, just like you, who travel together and experience a journey incorporating personal transformation, adventure, philanthropy, spiritual connection, and community building.

This journey is unique because we will have the opportunity to spend three months together, connecting and building a foundation for our time together. We will support one another as we train for our climb, preparing mentally, physically and spiritually as a collective. I know that when we are standing together at the top of the mountain our collective joy, accomplishment and love will be so powerful!

The journey between what you once were
and who you are now becoming
is where the dance of life really takes place.
~ Barbara De Angelis

I am excited for you to know yourself on the other side of this journey and honored to stand beside you along the way!

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Trip Highlights!

- ✿ Travel with like-hearted women who are also seeking authentic connection with their fellow travelers and our destination.
- ✿ Comprehensive and customized training plan for physical and mental preparation, including stamina/conditioning, strength building and yoga for flexibility
- ✿ One-on-one coaching sessions keep you motivated
- ✿ A supportive group to learn and grow through the experience with others
- ✿ Virtual group gatherings with experts on physical, mental and spiritual aspects of the journey
- ✿ Journey to the Mountain weekend retreat where you'll join fellow Sojourners for welcome dinner, hike of a 14,000+ foot peak in central Colorado, and post-hike celebration dinner

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*Your Sojourn will be
co-guided by Becki Rupp*

Becki Rupp, Certified Personal Trainer & Health Coach, Owner of Trailblazer Wellness

Becki is a certified personal trainer and health coach who helps women gain the strength, skills and confidence to reach their active adventure goals. Becki's best days are when she hears from clients that they've reached a milestone or recognize the progress they've made.

Over the past 30 years she has hiked multiple "14ers" (peaks that are 14,000 feet or more in elevation) and

hundreds of other trails across the US and in multiple countries. She has also searched mountains and forests for missing people in five states as a member of a wilderness search and rescue team.

Becki is closely connected to these great mountains. The view from her house in central Colorado includes Mt. Shavano, which is 14,232' high.

"I felt my lungs inflate with the onrush of scenery - air, mountains, trees, people.

I thought, 'This is what it is to be happy!'"

~ Sylvia Plath, The Bell Jar

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Trip Pricing . . .

Full Experience

3-Month Pre-Trip Training Program with Trailblazer Wellness AND
Colorado Sojourn: Journey to the Mountain Retreat: \$1,695*

14er Hike Training Program ONLY - \$975*

* Early Bird Discount and BONUS

Sign up by May 21 to get \$100 off PLUS 2 additional weeks of
training/coaching

Additional Costs:

Transportation to the Journey to the Mountain Retreat in central
Colorado (near Breckenridge)

Upgrade to single room by request - limited availability.

Note:

Registration for this experience is available until June 7th. Limited
availability for the in-person retreat.

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Pre-Journey Training Details

<i>Week 1</i>	Introduction to the training plan and one-on-one meetings with Becki to customize the training plan based on your lifestyle, current activity level and preferences.
<i>Week 2</i>	Group session on Preparing for a Transformational Experience, including journaling guidance.
<i>Week 3</i>	One-on-one coaching session with Becki, yoga session with Christine via Starlight Yoga Montana.
<i>Week 4</i>	Group session on selecting footwear and gear with Beth Bershader, who has hiked the 100 highest mountains in Colorado, as well as high peaks in Central and South America.
<i>Week 5</i>	One on one coaching with Becki.
<i>Week 6</i>	Group session on the history and culture of the Ute Nation in the Colorado mountains, yoga session with Christine.
<i>Week 7</i>	One-on-one coaching sessions with Becki.
<i>Week 8</i>	Group session with open Q&A and experience sharing.
<i>Week 9</i>	One-on-one coaching sessions with Becki.
<i>Week 10</i>	Group session on nutrition with dietician and long-distance hiker and triathlete Jacque Maldonado, yoga session with Christine via Starlight Yoga Montana.
<i>Week 11</i>	One-on-one coaching sessions with Becki
<i>Week 12</i>	Group session on altitude and what to expect on hike day with Bridget Bryson, member of Chaffee County Search and Rescue who has hiked all Colorado 14ers (and then some!)

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Journey to the Mountain Colorado Retreat Details

Day 1	Join Together
Friday September 10	<p>Arrive on your own to the retreat property near Breckenridge, CO.</p> <p>Guests arriving from out of state and flying into Denver International Airport may rent a vehicle or may independently coordinate a shared ride to the mountains with other members in the group.</p> <p>Welcome gathering and dinner.</p> <p>We will start our Sojourn by gathering in circle to connect and set intentions for our journey and continue the inner work that will accompany our experiences during this Sojourn.</p>
Accommodations	Retreat Property TBA - Based on Group Size.
Meals Included (D)	Welcome Dinner

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<i>Day 2</i>	Journey Together
Saturday September 11	<p>Early wake-up and breakfast.</p> <p>Travel by personal vehicle to the trailhead for the hike.</p> <p>We will stop for silence in recognition of the victims of 9/11 at a designated time.</p> <p>Hike to the summit of Mt. Quandary, with periodic breaks for nutrition, reflection and celebration!</p> <p>Post-hike dinner and Sojourn Sharing.</p>
Accommodations	Retreat Property TBA - Based on Group Size.
Meals Included (B, D)	Breakfast and dinner at accommodation or nearby restaurant.

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<i>Day 3</i>	Our Final Gathering
Sunday September 12	<p>Yoga Session led by Christine</p> <p>Breakfast</p> <p>Enjoy our final moments together in this group of women who has Journeyed to the Mountain together!</p> <p>Say our goodbyes and depart.</p>
Accommodations	Check out of Accommodations.
Meals Included (B)	Breakfast at accommodations or nearby restaurant.

Need to Know

What's Included...

INCLUDED:

- All transformational exercises facilitated by Christine Winebrenner Irick and Becki Rupp
- 3-month training plan for hiking a mountain of 14,000+ feet with cardio/stamina building cadence, strength training exercises and yoga sessions, developed by personal trainer and yoga instructor.
- Bi-weekly one-on-one coaching sessions with certified health coach
- Bi-weekly group sessions with expert guest speakers on topics related to physical, mental and spiritual preparation.
- Facebook group for camaraderie, support and laughs!
- Journal and exercises for exploration.
- Lodging for the Journey to the Mountain Retreat*
- 2 dinners and 2 breakfasts for Journey to the Mountain Retreat*
* applicable for those who sign up for the Full Colorado Sojourn with Journey to the Mountain Retreat

NOT INCLUDED:

- Personal transportation to the Journey to the Mountain lodging.
- Personal transportation to the hike trailhead.
- Lunch and snacks on the hike...we will offer tips to prepare before the journey.
- Alcoholic beverages.
- Trip insurance. Strongly suggested for those joining the in-person retreat.
- Cost of medical care, emergency transportation or evacuation if necessary (we sure hope not!). This can be covered by specific trip insurance.
- Personal items and gear.
- Gym membership or workout equipment.

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Terms and Conditions

These are the Terms and Conditions that will apply to your booking. Please read them carefully as you will be bound by them. Please note that Trailblazer Wellness and Lotus Sojourns are only offering Colorado Sojourn: Journey to the Mountain program and related activities to women over 21 years of age.

By booking the Colorado Sojourn: Journey to the Mountain, you accept these Terms and Conditions. Your commitment to the program is accepted and becomes definite once you make a payment and we send you a confirmation email. Even after this initial confirmation, there may be changes to the program.

You may secure your spot in Colorado Sojourn: Journey to the Mountain with full payment for the experience you select – either Preparation Only or Full Sojourn Experience. If you wish to upgrade to the Full Sojourn Experience after the deadline, you may request to do so, and your request will be considered based on space available.

After booking Colorado Sojourn: Journey to the Mountain with a payment, you will receive a confirmation email.

PRICING

The Colorado Sojourn: Journey to the Mountain prices are quoted and payable in USD. Trailblazer Wellness and Lotus Sojourns are not responsible for any fees incurred due to currency exchange or fees charged by your credit card/bank for processing funds in another currency.

CANCELLATION BY YOU

After the Colorado Sojourn: Journey to the Mountain program has started, the amount paid is nonrefundable. If you choose the Full Sojourn Experience, we strongly encourage you to purchase travel insurance to cover the weekend experience portion in addition to your direct travel costs.

CANCELLATION / RESCHEDULE BY TRAILBLAZER WELLNESS/LOTUS SOJOURNS

Trailblazer Wellness and Lotus Sojourns reserve the right to cancel or reschedule Colorado Sojourn: Journey to the Mountain for any reason, but will not cancel less than

30 days before departure except for Force Majeure, pandemic, war, civil unrest or other unusual or unforeseen circumstances outside our control.

Payment is not refundable, and any exception or potential refund will be determined on a case-by-case basis by Trailblazer Wellness and Lotus Sojourns.

ADDITIONAL EXPENSES

Trailblazer Wellness and Lotus Sojourns are not responsible for any incidental expenses or consequential losses that the Client may have incurred as a result of the booking such as visas, vaccinations, non-refundable flights or rail, non-refundable car parking or other fees, loss of earnings, or loss of enjoyment, etc.

PRIVATE ROOM CHARGES FOR SOLO TRAVELERS

Private-room accommodations are subject to a private-room package price, which guarantees a private room without a roommate (where available). Please inquire via email about the price for a private room. In order to keep our private-room package prices as low as possible, on occasion private rooms may be smaller than shared occupancy rooms. We cannot always guarantee private accommodations, even after reservations and confirmations have been made.

SHARED ROOM CHARGES FOR TRAVELERS WISHING TO BE PAIRED WITH A ROOMMATE

For guests who wish to book into a shared accommodation package, we are happy to pair you with a roommate.

AIRFARE

Colorado Sojourn: Journey to the Mountain does not include national or international airfare. You are responsible for your airfare and are responsible for any non-refundable expenses you incur in the event we cancel a retreat (generally not less than 90 days before it begins). *We highly recommend you purchase travel insurance for all your travel expenses.*

TRAVEL + HEALTH INSURANCE

Trailblazer Wellness and Lotus Sojourns highly recommends you obtain travel medical insurance with a minimum medical coverage of \$100,000. This insurance must cover personal injury and emergency medical expenses including, but not limited to, helicopter evacuation, air ambulance and repatriation. It is strongly recommended the coverage be extended to include cancellation, curtailment, and all other expenses that might arise as a result of loss, damage, injury, delay or inconvenience that may occur during travel.

MEDICAL CONDITIONS + SPECIAL REQUIREMENTS

You must notify us in writing during the process of booking (on your registration form) of any medical conditions, pregnancy, disability or any other mental and or physical condition which may affect fitness to travel and/or any medical condition. This includes any symptoms of Covid-19 or our suspected exposure to the virus that causes

Covid-19. Failure to notify us of such a medical condition may result in your being refused travel, in which case the client is bound by the cancellation terms as laid out here.

Some retreats may be unsuitable for you due to age, mobility, disability, pregnancy or physical or mental conditions. It is your responsibility to clear major medical issues with your doctor and with a Trailblazer Wellness representative prior to booking. We may refuse to carry pregnant women over 24 weeks or clients with certain conditions. Trailblazer Wellness and Lotus Sojourns are not required to provide any special facilities unless it has agreed to do so in writing. We do our best to meet clients' special requests including dietary restrictions, but such requests do not form part of the booking contract and therefore we are not liable for not providing these requests. Medical facilities vary by location and we make no representations and give no warranties in relation to the standard of such treatment.

EVACUATION PROCEDURES AND COSTS

Evacuation costs are to be covered by the person being evacuated. You may file a claim with your travel insurance company to try to recoup any additional costs related to injury or illness treatment or travel.

REQUIRED TRAVEL DOCUMENTS

Any information or advice given by Trailblazer Wellness and Lotus Sojourns regarding visas, vaccinations, climate, clothing, baggage, special equipment, etc. is purely advisory, provided as a courtesy to the Client and we are not responsible for any errors or omissions as to the information provided by third parties such as the appropriate governmental authorities.

If other documentation is required by the country, state or county (such as proof of vaccination, health declaration, affidavit, Covid-19 test results, etc), we do our best to relay that information to you during the trip planning period. However, it is ultimately your responsibility to have all the required documents completed prior to departure.

SUPPLIERS + INDEPENDENT CONTRACTORS

Hotels, meals or other elements of Colorado Sojourn: Journey to the Mountain are provided by local suppliers who may themselves engage the services of local operators and/or sub-contractors. We at all times endeavor to appoint reputable and competent local suppliers, though we cannot guarantee a certain standard of service quality or performance as these contractors are outside our direct control.

ITINERARY CHANGES

Trailblazer Wellness and Lotus Sojourns reserve the right to alter the programs and itineraries due to weather, road conditions, local circumstances or events, which may include mechanical breakdown, flight cancellations, illness, strikes, political disputes, weather, and other unforeseeable factors. This includes changes or cancellation of planned hiking and any other aspect of the experience itinerary to ensure the safety of our clients and staff. We accept no responsibility for losses, expenses due to delays,

changes of flights or other services because of strikes, accidents, sickness, damage, negligence, weather, war, changes in schedules or other similar causes. Trailblazer Wellness and Lotus Sojourns and its partners do not assume responsibility for accidents or deaths that can be traced to the participants' negligence, acts of third parties or exterior circumstances such as weather, natural occurrences, war or other similar causes.

In the event a client elects to not participate in any part of the experience itinerary (such as a hike, group meal or other activity), the client is not entitled to any refund.

SAFETY + TRIP ENJOYMENT

We take your safety and well-being very seriously. However, you are ultimately responsible for your safety, which is why we ask all Colorado Sojourn: Journey to the Mountain participants to sign a liability waiver before departure. To avoid possibly dangerous situations, it is extremely important that you obey any rules and regulations imposed by Trailblazer Wellness and Lotus Sojourns and instructions given by them.

Trailblazer Wellness and Lotus Sojourns reserve the right to prohibit any Client from continuing on a trip or participating in any hikes or activities, with no right of refund if, in our opinion, that Client's actions pose a threat to their own safety or that of others, or seriously jeopardizes the enjoyment of the other participants. The decision of Trailblazer Wellness and Lotus Sojourns or representative will at all times be final on all matters likely to affect the safety and well-being of the trip. All Clients must, at all times, strictly comply with the laws, customs, and regulations of all locations, and Trailblazer Wellness and Lotus Sojourns will not accept responsibility or liability for any Client who contravenes any laws or other regulations of any location visited.

HEALTH + FITNESS

Colorado Sojourn: Journey to the Mountain should not be overly strenuous for people who are healthy and reasonably fit, and who follow the program content. You are expected to carry your own luggage and supplies on the trail (water, snacks, additional clothes). If you are affected by any condition, medical or otherwise, that might affect your or other people's enjoyment of the trip, you must advise us of this at the time of booking.

If your health or fitness changes between the time of booking and the Colorado Sojourn: Journey to the Mountain weekend experience start date, you must notify us (becki@trailblazerwellness.com) of these changes before the trip starts.

We will require all participants to fill out an online **Health Declaration Form** within 3 days of Colorado Sojourn: Journey to the Mountain weekend experience start certifying they do not have any symptoms of Covid-19 and have not been in contact with anyone they know is infected. We cannot permit a person who has recently tested positive for Covid-19 or been experiencing Covid-like symptoms on the retreat. In the event that a person in our group starts to experience symptoms during the retreat, she will be

immediately quarantined from the rest of the group. Any costs associated with the quarantine will be the responsibility of the Client.

Masks must be worn in accordance with the destination's local health and safety requirements. Most likely, this will include wearing masks while in indoor and outdoor public spaces (town sidewalks), and when in shops and restaurants (until seated at your table). Masks are not necessary or expected while we are on the trail, though are recommended when at trailheads and parking lots.

PHOTOGRAPHY

In the course of participation in Colorado Sojourn: Journey to the Mountain, photos or video may be taken by participants, your retreat leader or guides. These images may be used in any Trailblazer Wellness or Lotus Sojourns materials, website, Facebook, etc., unless you specifically request that we not use any material in which your image is depicted. Otherwise, you agree to allow us perpetual, royalty-free, worldwide, irrevocable license to use such images for publicity and promotional purposes.

CLAIMS + COMPLAINTS

If you have a complaint, please first inform the Trailblazer Wellness or Lotus Sojourns representatives at the earliest opportunity to allow the grievance to be rectified.