

# Feathered Pipe Ranch

## Yoga Retreat with Lynne Minton September 7-14, 2024

Please join me for a week immersed in yoga, nature, great food and company at my spiritual retreat home, the Feathered Pipe Ranch.

**The retreat will include:**

- 7-nights indoor or outdoor **accommodations**
- Two yoga classes daily
- Delicious and lovingly prepared international cuisine
- Shuttle service from/to Helena Regional Airport on arrival/departure day
- Full access to the extensive **Feathered Pipe grounds** (including the hot tub and sauna)

**Not included:**

- Airfare
- **Bodywork & Massage**
- Staff gratuities
- Laundry

Cost of Program varies according to your choice of accommodations. Click on the link above to view the housing options and find the pricing for your choice in the attached packet under the subheading PRICING

**Registration deposit required:** A \$500 non-refundable deposit is required to secure registration. Mail check to **Lynne Minton at 5961 Everson Goshen Road, Bellingham, WA 98226**. You may also pay via Paypal to Lynne's account for an additional \$20 paypal fee.

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## Yoga Retreat with Lynne Minton September 7-14, 2024 info packet



Nestled in the pulsing heart of the northern Rocky Mountains is a place unlike any other – Feathered Pipe Ranch.

*Dear Friends,*

*Thank you for your interest in this retreat. Please read through the entire packet as it will answer most questions that you may have. Then, if you want to join us, please fill in the registration form at the end of this packet and email it to me at [lynneminton@gmail.com](mailto:lynneminton@gmail.com).*

## **PRICING**

**Registration deposit required:** A \$500 non-refundable deposit is required to secure registration. Mail check to **Lynne Minton at 5961 Everson Goshen Road, Bellingham, WA 98226** You may also pay via Paypal to Lynne's account for an additional \$20 paypal fee.

***Additional Retreat package fees will vary according to the chosen accommodations as listed below:***

Please NOTE: all booking and payments must be made to Lynne. Click [this link](#) to view the **accommodations** and then let Lynne know your choice via email. Rooms will be booked first come/ first served according to your email received date. You may want to give a first and second choice. The LAKE CABIN is not available to rent. We do not allow participants to bring their own camping facility such as RV, camper, or tent.

### **DOUBLE OCCUPANCY PRICE PER PERSON**

- **\$1625 (includes triple occupancy in Main lodge)**
  - Shared yurt*
  - Deluxe wall tent (HAVE 1 QUEEN SIZE BED ONLY)*
  - Sai Condo*
  - Triple occupancy in Main lodge room*
- **\$2010**
  - Chalet 2 and 3*
- **\$2080**
  - Honeymoon cabin*
  - Chalet rooms 1,4,5 and 6*
  - Double occupancy main lodge rooms*
- **\$2150**
  - *Teacher's Cabin (two rooms with one Queen size bed each)*

### **SINGLE OCCUPANCY ROOMS: LIMITED TO ACCOMODATIONS LISTED**

- **\$1625**
  - *Single tipi or tent*
- **\$2150**
  - *Single Deluxe wall tent*

- **\$2325**
  - *Single Yurt*
- **\$2675**
  - *Teacher's Cabin (two rooms with one Queen size bed each)*

## **PAYMENT SCHEDULE**

**Registration deposit required:** A \$500 non-refundable deposit is required to secure registration. Mail check to **Lynne Minton at 5961 Everson Goshen Road, Bellingham, WA 98226** You may also pay via Paypal to Lynne's account for an additional \$20 paypal fee.

**Half or full balance of chosen accommodation package due no later than March 7, 2024**

**Second half of chosen accommodation package due not later than June 7, 2024.**

## **OTHER AMENITIES**

FPR provide bedding, towels, and all the amenities you'd expect with indoor lodging. We accommodate all outdoor guests with lightweight sleeping bags, towels, pillows, blankets, and small rechargeable lanterns. Guests are welcome to bring your own sleeping bag if they wish. There is no electricity in outdoor accommodations. There is cleaning service every day for all accommodations.

Your stay at the Feathered Pipe Ranch includes access to our extensive grounds, our fully equipped bathhouse with showers, sauna, and a beautiful new salt-based hot tub. Outdoor lodging guests have private storage nooks for toiletries and personal effects in the bathhouse. The bathhouse is no more than a five-minute walk from any accommodation.

## **GETTING THERE AND AWAY**

**Air Travel:** Airlines fly in from all parts of the country on a regular daily basis, with Delta serving those flying from the East Coast, Midwest, Mountain and West Coast via their Salt Lake City hub, United Airlines serving passengers from all over via the Denver hub, and Alaskan Airlines serving West Coast flyers via their Seattle hub.

Missoula International Airport and Bozeman International Airport are also feasible points of arrival but will require a two-hour commute via bus or auto that you will need to arrange and pay for by yourself.

We strongly suggest that you book your flight to arrive a day early and enjoy a night in beautiful downtown Helena, in case there is a weather-related delay. That being said, travel insurance is recommended.

**Airport Shuttle:** Shuttle service from/to Helena Regional Airport on arrival/departure day will be complimentary (free) for all registered guests! Any guest needing pick-up or drop-off on any other day will be charged a \$35 one-way charge.

**How do I get there if I'm driving:** The Ranch is located about eight miles west of central Helena off of Highway 12. Turn south at the sign for Colorado Gulch. We are at the very end of this road, about 5 miles in. You'll see rolling lawns, a small lake, and the main lodge on your right. Pull into the parking lot and walk down to the lodge. If you are using a GPS to get to the Ranch, the address is 2409 Bear Creek Rd., Helena, Montana.

**Arrival & Departure at the Ranch:** Guests arrive on Saturday, 7 September and depart on Saturday, 14 September. Check-in time on arrival day is 3pm. All guests are requested to arrive by 5 pm and not before 12 pm (noon) with dinner served at 6:30pm. On arrival day, after dinner, **FPF** representatives will meet with participants for a Feathered Pipe Ranch orientation.

We request that our guests depart their lodging by 9am on departure day to give our staff sufficient time to prepare for incoming guests. If your flight is not scheduled to depart until later in the day, we will be happy to accommodate you and ensure that you get to the airport.

On departure day, there are no formal classes/presentations. All guests are required to leave their accommodation on the final day by 9am but are welcome to enjoy Feathered Pipe Ranch facilities until their departure time.

### **Early Arrival:**

If you prefer to arrive early and stay in Helena, we will contact you at your hotel to arrange your pick-up on arrival day. There is plenty to do and see in Helena. Helena is halfway between Yellowstone and Glacier National Parks (3 hours by car in either direction), so you might consider coming a few days early or staying a few days after your retreat.

If you plan to be in the Helena area prior to the date when your retreat begins, several options are available for you to consider

- Comfort Suites – Close to the airport. Please ask for the Feathered Pipe Corporate Rate. (406) 513-1140
- Day's Inn of Helena – 2001 Prospect Ave., Helena, (406) 442-3280
- Great Northern Best Western Hotel – Luxury in the heart of Helena. Single or double, full breakfast and airport pick-up. Please ask for the Feathered Pipe Corporate Rate. (406) 457- 5500
- Double Tree by Hilton – Located on downtown walking mall and near micro breweries, fine dining and Helena's many tourist attractions. Please ask for the Feathered Pipe Corporate Rate. (406) 443-2200



- Sanders Bed & Breakfast – Charming, elegant, historic, with true Montana hospitality and a full breakfast. Located near downtown. (406) 442-3309
- The Barrister Bed and Breakfast – 19th century mansion, very elegant with the most gracious welcoming owners. Located near downtown across from Cathedral of St. Helena. (406) 443-7330
- The Carolina Bed & Breakfast – Total elegance with a spectacular breakfast and near downtown. (406) 422-0418

Our shuttle service is happy to pick you up at your hotel on arrival day.

## YOGA and DAILY SCHEDULE



**The Main Hall:** The lovely, light-filled Yoga class room

### Daily Schedule:

7am — Coffee and tea/ morning self- guided walking meditation

8am — Breakfast

9:30-11:15 am —Morning Asana and Yoga sutras

12:30pm — Lunch

4:30-6:00pm — Restorative and Pranayama

6:30pm — Dinner

7:30pm — Evening program or free time. Bring an instrument to play, song to sing, dance to perform, poetry to read or story to tell for our last nights' community shenanigans.

*\*Wednesday: no afternoon class. Free time for hiking, swimming, massage, hot tub etc.*

## MEALS

**Our Food:** Our specialty is wholesome, natural food using recipes from all over the globe. We strive to use whole, organic ingredients prepared with a commitment to health and well-being. Whenever possible, we use locally grown and raised organic food sources to support a sustainable, healthy community.

The Feathered Pipe staff pours great love and care into the preparation of every one of our guest meals. If you have any special dietary needs or restrictions, simply let us know when you fill out the guest information form before your arrival. We'll make sure you have all the healthy, delicious fare you need for every meal.

## WHAT SHOULD I BRING?

**What should I bring:** The atmosphere is come as you are, so please dress for your comfort. Clothes potentially needed include: shorts, t-shirts, a rain jacket, slacks or jeans for chilly evenings, light daytime attire, bathing suit, and a warm sweater or jacket for our delightfully cool summer evenings. Comfortable walking, running shoes or hiking boots for wandering here and there are recommended.

Please note during early and late off-season programs that the evenings can be quite cool with a rare but not unheard-of frost or surprise snowstorm. For this reason, we recommend cold-weather jackets, sweaters, hats, and gloves just in case during those dates.

You will need a travel alarm clock, sunscreen, flashlight and water bottle as well as cash for bodywork, Shanti Boutique purchases, and end-of-retreat staff tips.

**Yoga Props:** We have plenty of yoga mats, blankets, blocks, supports, chairs and belts as well as a well-equipped yoga walls. If desired, you may bring your own mat and props, but make sure they are clearly marked so they do not get misplaced.

## ACTIVITIES

**Massage and Bodywork:** Massage and bodywork are available during all retreats. Introductions to our bodyworkers and details about how to sign up and where to go for sessions are shared at the retreat orientation. Payment is by cash, check or credit card. Prices are set by the therapists.

Hiking, fishing, canoeing, and swimming are available at the Ranch. The Ranch's surrounding forest has numerous, well-marked trails for your exploration of hidden, highland wildflower meadows, mountain tops where Montana's Big Sky can be savored in its full grandeur, as well as scenic views of the Ranch from high above. And for those more adventurous and adept in backwoods hiking, the trails branch out endlessly into the national forest that surrounds.

**What is not included in your rental:** Laundry, massage and bodywork, and non-arrival/departure-day shuttle service are available at an additional cost.

**Tippling:** Near the end of your retreat at the Ranch, we will put out a basket for all tips. If you're happy with the service you received, we recommend 5-10% of your workshop cost.

**How do I make purchases at the Ranch:** We do not have an ATM at the Ranch for cash, so bring what you need. Massage therapists and the Shanti Boutique accept cash, checks and credit cards.

**How do I contact the "outside world":** You may have to walk out up to the parking lot to cell phone service as we are at the very end of the road up in the Rockies, but we do have free high-speed wireless internet access within the Dining Hall, Lake Cabin and Teachers Cabin which extends quite a distance outside those buildings. If you enable WiFi calling on your smartphone, you will be able to make calls from the Ranch. It's best not to count on continuously reliable cell phone or high-speed Internet service while you're at the Ranch.

If you need to be reached in an emergency, you can share the main phone number of the kitchen 406.443.0430 with family and friends that will be sent to you along with your guest information packet following registration.

**Pets:** We do not allow pets. FPF follows state and federal laws regarding service animals, which are the only animals allowed to accompany guests. Service animals must be pre-approved by FPF staff and accompany their owner 24 hours a day.

**More Information:** Visit our [FAQ page](#), or contact Lynne if you have further questions 928-710-3825.



## CANCELLATION AND COVID POLICY

**Travel insurance is highly recommended. This link is one of several, but a good place to start.**

[www.insuremytrip.com](http://www.insuremytrip.com)

**REFUND:** Guests will be entitled to a full refund less 10% of the **total** cost, with notice at least 90 days prior to the scheduled arrival date. With notice of cancellation 89 days or less from the scheduled arrival date, there will be a cancellation penalty of 50% for the **total** stay.

No refund with notice of cancellation less than 4 weeks prior to arrival.

Guests are responsible for all nights reserved at the rates reserved. There are no refunds or pro-rating for arriving later or leaving earlier than the reserved dates, despite unforeseen circumstances such as delayed or cancelled flights, illness, injury, etc.

The cancellation policy applies to all participants, even if the retreat leader can find a replacement for the participant canceling. When there is a cancellation in a shared room, the rate for the remaining participant(s) in that room will be adjusted according to the new occupancy. In this case, the cancellation fees may be applied towards the change in rate. If the rate change is higher than the cancellation fee, the remaining participants must make up the difference.

Learn more about Feathered Pipe Ranch's [COVID-19 safety protocol](#).

Thanks and look forward to seeing you at the Pipe!

Namaste and Love,

Lynne

# Feathered Pipe Ranch

## Yoga Retreat with Lynne Minton September 7-14, 2024 REGISTRATION FORM

NAME \_\_\_\_\_

PHONE(cell) \_\_\_\_\_ (home) \_\_\_\_\_

Email \_\_\_\_\_

Mailing Address \_\_\_\_\_

\_\_\_\_\_ ZIP \_\_\_\_\_

Deposit paid on (date) \_\_\_\_\_

check # \_\_\_\_\_ amount (\$500) \_\_\_\_\_

Or PayPal account [lynneminton@gmail.com](mailto:lynneminton@gmail.com) amount (\$520) \_\_\_\_\_

Make checks payable to **LYNNE MINTON** and mail to **5961 Everson Goshen Road Bellingham, WA 98226** SEE CANCELLATION POLICY FOR REFUND SCHEDULE

Accommodation preference # 1 \_\_\_\_\_

Accommodation preference # 2 \_\_\_\_\_

Room mate \_\_\_\_\_

Rooms are first come first served by date of form received to  
[lynneminton@gmail.com](mailto:lynneminton@gmail.com) Thank you and I look forward to hearing from you!  
Namaste, Lynne