



THE POWER OF INTENTION: A MONTANA YOGA RETREAT JUNE 8-15, 2019

MOYO presents
The Power of Intention: A Montana Yoga Retreat
at [Feathered Pipe Ranch](#) • **Helena, Montana**
with *Debra Hess & Maureen Priest*

There are moments in our lives where we need to pause and reflect on what we hold sacred in our lives. Take a journey to awaken your dreams through this intentional retreat experience. Facilitators Maureen Priest and Debra Hess will hold powerful, informed and safe space for you.

"Everything in the universe begins with intention."

- Deepak Chopra

If you wish to take your journey **EVEN DEEPER**, Debra will facilitate you through an inner vision quest — a Deep Dive on Tue/Wed/Thurs that will encourage Silence on those three days, Body Work each day, and Deep Dive Practices. For more info on this, please see below.



The week will include:

- [Indoor or Outdoor Accommodations](#) (Choose from Basic Accommodations List Below)
- Nourishing Vegetarian Meals
- Full Access to the Extensive and Nurturing Feathered Pipe Grounds (including the hot tub and sauna)
- Daily Yoga and Wellness Programs
- 3 (approx. 2 hour) Walking Trails Nestled in Nearly a Million Acres of National Forestland

Not Included:

- Room Upgrades
- Airfare
- Shuttle from Helena airport to the Feathered Pipe Ranch (\$65 round trip)
- Optional Additional Excursion off the ranch (planned for mid-week)
- Deep Dive: Inner Vision Quest (see above)
- [Bodywork & Massage](#)
- Staff Gratuities
- Laundry



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EVENT STRUCTURE

Morning Programs

- 6:30 am — Morning Meditation
- 7 to 8:30 am — Daily Morning Yoga: Basic Asana Practice
- 8:30 am — Breakfast
- 10 am to 4:30 pm — Free Time or Deep Dive Practices
- Hiking, Forest Bathing, Kayaking, Journaling, Rest, Body Work or Massage

Afternoon Programs

- 4:30 to 6 pm — Inspirational Afternoon Offerings (Optional)
- Winding Down Yoga Practices, Yin, Restorative, Yoga Nidra, Sound Healing
- Outing / Off Ranch Excursion

Evening Programs (8 to 9:30 pm)

- Monday — Free Dance Rythms
- Tuesday — Soul Collage + Silent Group Meditation Outside Under Big Sky (9:30 to 10 pm)
- Wednesday — Community Sweat Lodge
- Thursday — Community Circle Share + Silent Group Meditation Outside Under Big Sky (9:30 to 10 pm)
- Friday — Closing Ceremony

Note: Please plan to arrive at the ranch before 5 pm on the first day of your retreat, and to depart in the morning or early afternoon of the final day.

INVESTMENT

The Power of Intention Basic Package: \$1900

Early Registration Discount: SAVE \$100 when you register for The Power of Intention Basic Package before March 1, 2019!

Deep Dive: Inner Vision Quest with Debra: \$2400

Early Registration Discount for Deep Dive: Inner Vision Quest: Free Mini Shamanic Guidance Session PLUS SAVE \$100 when you register before January 1, 2019!

Booking Instructions:

To reserve your spot, a \$500.00 non-refundable deposit is required. After receiving your non-refundable deposit, a welcome letter with follow up information will be sent to your email. Please note package prices listed above are MOYO-specific and are not reflected on the Feather Pipe website, please contact us for more information.

****For more information and any questions, please connect with the MOYO tribe at: info@moyo-yoga.com.**



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DEEP DIVE WITH DEBRA HESS

Welcome to the Deep Dive: Inner Vision Quest! Debra will provide the tools needed to facilitate an inner dive within — allowing you to be in the receiving mode of the wisdom and guidance that is always there. The deeper we go, the more we let go of the distractions and momentum of our conditioning and create a Readiness Within that allows the answers to come.

Native practices of Shamanism are just that... conditions that allow for Direct Revelation.

THE PILLARS OF THIS INNER VISION QUEST:

- 3 Days (Sat/ Sun/ Mon): Acclimate, rest and socialize with the group and the land.
- 3 Days (Tue/ Wed / Thur): Step aside and be only with Yourself, your Guides, your Soul and your Source.
- 1 Shamanic Session with Debra for clarifying Inner Vision Guidance

This Deep Dive Intensive is optional and is offered at an increased rate from the Basic Package.



ACCOMMODATIONS INFORMATION

Basic Accommodations:

- Shared room in the Main Lodge, Yurt, Sai Condo or single Tipi/Tent
- Meals and use of all amenities – the bathhouse, sauna, hot tub — as well as all the Feathered Pipe Ranch facilities and grounds.

Deep Dive: Inner Vision Quest:

- Basic Accommodations (see above), PLUS...
- IN ADDITION (Tue/ Wed /Thurs): Three Sessions of Bodywork: Massage, Sound Healing, and Structured Acupressure + One Guided Shamanic Journey Session.

Additional lodging pricing options:

Upgraded Accommodations and individual pricing sheet available upon request.

DEEP DIVE INTENSIVE NOTES

To fully experience the Deep Dive Intensive we invite you to:

- Plan on Silence/Meditation and time on the land: Hike, Drum, Walk, Forest Bathe
- Plan on [3 Luxurious Healing Touch Bodywork Sessions](#):
 1. Michael ~ Shaman and Massage Therapist
 2. Jen ~ Sound Healer and Structural Acupressure
 3. Michael or Jen ~ Final Bodywork Session
- If possible, sleep as close to the elements as you can ~ [Tipis, Yurts, Walled Tents, or Tents](#)
- Final Days (Fri / Sat): Re-enter the group experience and rest to integrate the deeper work you experienced.
- Bring: Hiking Shoes + Journal

SEE ACCOMMODATIONS

VISIT THE RANCH



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LODGING INFORMATION

*Please note that price packages specified below
are for the MOYO Montana Yoga Retreat

- 6 - Challet Double Occupancy Rooms (All available for upgrades)
 - Rooms 1, 4, 5, & 6 have private bath
 - As Double, \$420 upgrade
 - As One/Single, \$700 upgrade
 - Rooms 2 & 3 have shared bath
 - As Double, \$280 upgrade
 - As One/Single, \$560 upgrade
- 4 - Main Cabin Dorms
 - Occupancy 3-4 people with no upgrade
 - As Double, \$420 upgrade
 - As One/Single, \$700 upgrade
- Honeymoon Cabin
 - As Double, \$525 upgrade
- Sai Condo
 - Occupancy 3 people with no upgrade
 - As One/Single, \$350 upgrade
- Lake Cabin Duplex
 - Occupancy 4 people (2 one side, 2 the other side)
 - As Double, \$525
 - As One/Single, \$1050
- Outdoor
 - 4 - Yurts, Occupancy 2 people (As One/Single, \$350 upgrade)
 - 3 - Tipis, Occupancy 1 person
 - 3 - Walled Tents, Occupancy 2 people (As One/Single, \$350 upgrade)

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AIRLINE INFORMATION
To Which Airport Should I Fly?

We recommend the Helena Regional Airport for those coming to retreats and programs at the Feathered Pipe Ranch. Direct flights into Helena currently originate in Salt Lake City, UT (Delta Airlines), Denver, CO (United Airlines) and Great Falls, MT (Alaska Airlines).

We strongly suggest that you book your flight to arrive on Friday (a day early) and enjoy a night in beautiful downtown Helena, as unfortunately it is not uncommon for the major airlines, particularly out of Salt Lake City and Denver to overbook flights to Helena.

That being said, [travel insurance](#) is recommended.

Airlines fly in from all parts of the country on a regular basis, with Delta serving those flying from the East Coast, Midwest, Mountain and West Coast via their Minneapolis and 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 yourself. For those interested in art and cultural events, Missoula might be the place to spend a few extra days. If you are planning to go to Glacier National Park consider Great Falls, and Bozeman if you wish to spend some extra time in Yellowstone National Park.

