



STRETCH & CATCH

— VICTORY RANCH —



Women's Wellness Retreat

Thursday, June 23 - Sunday, June 26

ITINERARY

Thursday, June 23

WELCOME COCKTAIL

5:30pm – 6:30pm at Freestone Lodge

Start the weekend at our welcome cocktail gathering featuring curated giveaways.

PAINT & WINE MIXER

6:30pm – 8:30pm at Freestone Lodge

Join in on the fun with the talented “Paint Mixer” staff. Enjoy sipping fine wine, small bites and painting your masterpiece while getting to know your fellow members. Not a Monet or a Van Gogh? No problem, try something new, no experience necessary.

Friday, June 24

YOGA ON THE RIVER

8:30am – 9:30am, meet at Freestone Lodge

An invigorating morning Hatha Yoga session along Victory Ranch’s private stretch of the Upper Provo River. Hatha Yoga incorporates postures and simple breathing techniques in combination with mental focus to develop awareness, strength, flexibility and relaxation. Hatha Yoga encourages muscle and spinal alignment to improve balance, strength and focus. It’s the perfect practice for both beginner and intermediate yogis.

BREAKFAST

9:45am – 10:30am

OPEN ACTIVITY SESSION

11am – 1pm

Enjoy one of our retreat activities: acupuncture, massage, intuitive healing session at the spa, fly fishing, 5-stand shooting or golf clinic.

LUNCH

1:30pm – 2:15pm

Lunchtime nutrition chat. Women's wellness and anti-aging expert, Wendy Wise, will talk about using proper nutrition to balance hormones and metabolism.

OPEN ACTIVITY SESSION

3pm – 5pm

Enjoy one of our retreat activities: acupuncture, massage, intuitive healing session at the spa, fly fishing, 5-stand shooting or golf clinic.

DINNER

6:30pm at Freestone Lodge

Saturday, June 25

YOGA ON THE RIVER

8:30am – 9:30am, meet at Freestone Lodge

A relaxing, yet challenging, Vinyasa Yoga class along our private stretch of the Upper Provo River. Vinyasa means “breath-synchronized movement”; yoga poses move from one to another, linking inhalations and exhalations with movements. This creates heat within, which is said to detox the body, relax the mind, lift the mood, and rejuvenate the spirit. This class is perfect for beginners and advanced yogis, as the flow can be modified as needed.

BREAKFAST

9:45am – 10:30am

OPEN ACTIVITY SESSION

11am – 1pm

Enjoy one of our retreat activities: acupuncture, massage, intuitive healing session at the spa, fly fishing, 5-stand shooting or golf clinic.

LUNCH

1:30pm – 2:15pm

Lunchtime nutrition chat. Q&A with women’s wellness and anti-aging expert, Wendy Wise.

OPEN ACTIVITY SESSION

3pm – 5pm

Enjoy one of our retreat activities: acupuncture, massage, intuitive healing session at the spa, fly fishing, 5-stand shooting or golf clinic.

DINNER

6:30pm, Picnic on the river

Pool and hot tubs will remain open for night swimming under the stars.

Sunday, June 26

YOGA ON THE RIVER

8:30am – 9:30am, meet at Freestone Lodge

Special yoga session with celebrity health and fitness expert, Kathy Smith. For more than 30 years, Kathy Smith has stood at the forefront of the fitness and health industries with a collection of best-selling books, videos and DVDs on walking, strength training, yoga, Pilates, dance, aerobics and nutrition. An accomplished author and entrepreneur, Smith has sold \$500 million in lifestyle products and fitness equipment and is a member of the Video Hall of Fame.

BREAKFAST

9:45am – 10:30am

Open Activity Sessions

ACUPUNCTURE

Experience the 4,000-year-old healing art that is deeply relaxing, yet invigorating and encourages profound healing of body and mind. Acupuncture stimulates your nervous system regulation and helps your body function optimally. Our acupuncturist, Melanie Jackson, has 15 years of advanced specialties in sports medicine and women's health. Acupuncture aids in the treatment of headaches, stress, acute or chronic pain, anxiety, menopause, fertility, aging and beyond.

MASSAGE

Relax, refresh and rejuvenate with massage therapy. These sessions will focus on reducing tension, relaxing tight and sore muscles, relieving specific tension areas, improving joint mobility and flushing metabolic waste from exercise and activity. You'll have the opportunity to discover and decide what kind of treatment will best fit your needs with the help of our Massage Therapist, Deborah McGraw, who has been practicing bodywork and associated therapies for over 25 years.

NATIVE AMERICAN HEALING AND INTUITIVE WELLNESS SESSION

A relaxing and gentle bodywork with with women's wellness and anti-aging expert, Wendy Wise. Results can be a profound sense of renewed physical and emotional wellbeing and balance.

FLY FISHING

Whether you've never cast a line or are already an expert, our master guides can teach you the basics or hone your skills with a peaceful, relaxing fishing experience on the Upper Provo River.



5-STAND SHOOTING

Learn the fundamentals of handling a shotgun, shooting techniques and safety with Harley Jackson at Victory Ranch's backcountry Double Barrel 5-Stand Shooting Facility. Harley will teach you how to load safely, aim and fire at clay targets, while you move from one stand to the next.

MORNING FULL SWING GOLF CLINIC

Head over to our 18-hole Rees Jones-designed golf course for a morning clinic, which will cover the fundamentals of the full swing. We will look at grip, aim and set-up, ensuring you have a solid foundation to build upon.

AFTERNOON SHORT GAME GOLF CLINIC

Our afternoon clinics will cover the fundamentals of the short game. We will cover putting, chipping and pitch shots. These are among the most important elements of golf as this is the area most vital to perfecting your game.

Stretch & Catch Women's Wellness Retreat

Unwind, connect with friends and explore the beautiful nature that surrounds Victory Ranch through a weekend of fitness, adventure, relaxation and fun.

Find Yourself at VictoryRanchUtah.com
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