

# FLAVORS OUT WEST

AT MOUNTAIN SKY GUEST RANCH

## FRIDAY, OCTOBER 15

2:00pm	Arrival & Check-in
5:30pm	Hors D'oeuvres & Wine Pairing
6:00pm	Introduction & Orientation
6:30pm	Dinner

## SATURDAY, OCTOBER 16

7:00am	Sunrise Hike or Yoga
8-9:00am	Breakfast
9:30am	Flavors out West Workshop
12:30-1:30pm	Lunch
2:00pm	Horseback Ride or Hike
4:15pm	Restorative Yoga
5:30pm	Hors D'oeuvres & Wine pairing
6:30pm	Dinner

## SUNDAY, OCTOBER 17

7:00am	Sunrise Hike or Yoga
8-9:00am	Breakfast
9:30am	Flavors out West Workshop
12:30-1:30pm	Lunch
2:00pm	Horseback Ride or Hike
4:15pm	Restorative Yoga
6:30pm	Dinner
*Evening	Special Guest: Michael Leach

## MONDAY, OCTOBER 18

7:00am	Sunrise Hike or Yoga
8-9:00am	Breakfast
*8:15am	Guided trip to Yellowstone National Park (\$70/person)
9:30am	Flavors out West Workshop
12:30-1:30pm	Lunch
2:00pm	Horseback Ride or Hike
4:15pm	Restorative Yoga
5:30pm	Hors D'oeuvres & Wine pairing
6:30pm	Dinner

## TUESDAY, OCTOBER 19

8-9:00am	Breakfast
10:00am	Departure & Check-out