

23rd Annual Wholeness Retreat
September 11-13, 2026
HF Bar Ranch, Saddlestring, Wyoming

“ Abhyasa Vairagyabhyam Tan-Nirodhah” (Yoga Sutra 1.12 of Patanjali’s Yoga Sutras)
“The fluctuations of the mind are restrained through persistent practice and non-attachment.”

Friday 9/11/26

2:30 – 3:00 PM	Get Settled on Your Mat	Clubhouse	
3:15 – 5:00 PM	Restorative Yoga and Thai Massage. Relax! Unwind! Have fun!	Monique/Amanda	Clubhouse
6:00 PM	Dinner	Dining Pavilion	
7:30 – 8:30 PM	Tea and Music Under the Stars	Austin	

Saturday 9/12/26

9:00 – 10:30 AM	Morning Yoga, Pranayama, Meditation	Amanda/Cindy	Clubhouse
10:30 – 12:15	Foundations of Ayurveda. (elements/doshas) Food, Digestion and the 6 Tastes How Ayurveda Thinks About Digestion	Hunter	Clubhouse
12:30 PM	Lunch	Dining Pavilion	
1:30 - 2:30 PM	Break; take a walk, a hike, sit on the porch a spell.		
2:30 – 3:30 PM	Managing Uncertainty: Centering Practice	Cindy	Clubhouse
3:30 – 4:30	Making your own Sacred Herb Bundle History of Herb Bundles Properties and Uses of Various Herbs	Sara	Outdoors
5:15 – 5:45 PM	Qigong	Michael	Outdoors
6:00 PM	Dinner	Dining Pavilion	
7:30 – 8:30 PM	Exploring Mudras, Mantras and Chanting and Essential Oils that Support these Practices	Cindy/Hunter	Library

Sunday 9/13/26

9:00 – 10:15 AM	Morning Yoga, Pranayama, Meditation	Amanda & Cindy	Clubhouse
10:30 – 12:00	Living in Rhythm; Dinacarya, Sleep, Stress Movement and the Seasons	Hunter	Clubhouse
12:00	Yoga Nidra	Cindy	
12:30 PM	Lunch	Dining Pavilion	

Be advised. Pop Up Ayurveda Jeopardy can happen anywhere! Beth/Amanda

Please be respectful and arrive at meals promptly. The wait staff serves when all are seated. Thank You!
Turn cell phones completely off (not just to silent) Use in btw classes if needed.
Avoid perfumes and scented lotions. We’ll have some items for sale. (Check or cash only).
If someone needs to get a hold of you they can call HF Bar at 684.2487 and staff will find you.

**** All yoga and Qigong classes will be adapted to what is right for you during the retreat****

*****CEUs available through the Wyoming Hospital Association*****