



OPUS & THELMA SUMMER HAPPENINGS 2020

Exciting things are happening at the OPUS and Thelma this summer! We’re putting on several retreats and working with a organizations to host youth programs. Too keep up to date on all our offerings, follow us on social media and we’ll also keep our website up-to-date as more events are added! And if you’d like to host an outing at the OPUS or Thelma, let us know.

We hope to see you in the backcountry this summer!

Retreats, Workshops & Challenges

Hut-to-Hut Supported Alpine Adventures (OPUS & Thelma).....	2
Women Mountain Bike Retreats (OPUS).....	3
Writing Through Dreams Workshop (OPUS).....	4
Yoga & Trail Run Retreat (Thelma).....	5
Root to Rise Backcountry Yoga Retreat (Thelma).....	6
OPUS Hut Challenge (OPUS)	7

Youth Programs

Footprints Running Camp (OPUS)	8
SOLES Leadership Summit (OPUS)	9
OPUS Odyssey (OPUS)	10



Hut-to-Hut Supported Alpine Adventures

We're excited to offer two 3-day supported hut-to-hut trips this summer season! You'll travel ten to twelve miles through awe-inspiring alpine terrain from Telluride to the OPUS to the Thelma and back to Telluride. Each evening, you'll relax with nourishing food, a yoga session to sooth your muscles and a wood-fired sauna. We'll transport your gear so that you can travel light and run or hike between the huts. We'll also provide route descriptions—the routes include both well-trafficked trails and less trafficked cross-country travel. These trips will be

unguided so you can move at your own pace. If you're interested in having a guide, please let us know and we'll connect you with one. Also, if our dates don't work for you, but you're interested in a supported hut-to-hut adventure, please email us at events@opushut.com about a customized trip.

- Dates:
 - Wednesday, July 8th – Friday, July 10th
 - Friday, September 11th- Sunday, September 13th
- Cost:
 - \$350 per person
 - *The rates are based on a shared room, if you'd like a private room, please inquire via email.*
- What's included:
 - Gear transport, lodging, meal packages (afternoon soup, dinner & breakfast) & evening yoga.
- To learn more or register:
 - Email us at events@opushut.com

Women Mountain Bike Retreats at the OPUS

Are you a female mountain biker looking to explore new terrain and connect with other like-minded women?



Then our

women mountain bike retreats are for you! Come bike with OPUS Hut's Ashley Klassen—she's spent the last two summers pedaling around the Hut and is excited to share some of her favorite routes with you. We're offering a two-day version early season and a one-day version later in the season. Both options will include daily yoga sessions. Massages will also be available for purchase. Feel free to tack on extra days to either, there's plenty to explore!

- Dates:
 - Friday, June 26th – Sunday, June 28th
 - Friday, September 11th – Saturday, September 12th
- Cost:
 - June Three Day/Two Night Retreat: \$190 per person
 - September Two Day/One Night Retreat: \$95 per person
 - *The rates are based on a shared room, if you'd like a private room, please inquire via email.*
- What's included:
 - Lodging, meal packages (afternoon soup, dinner & breakfast), daily yoga & Ashley's enthusiasm for mountain biking.
- To learn more or register:
 - Email us at events@opushut.com

Writing Through Dreams Workshop

We're excited to offer a two-day dreamwork and writing workshop at the OPUS Hut with dream practitioner and writer Corinne Platt and writer



Allison Snyder Kingsley. Dreams are powerful links to our truer selves, our sacredness and our souls. They offer us the opportunity to excavate our life stories inside and out: to explore, heal and shift our perspectives. In this workshop, we'll explore our dreams through writing in whatever form calls to you—fiction, non-fiction, poetry or journaling. We'll also build in time to wander in the surrounding terrain and enjoy the season's gift of wildflowers. If you're looking to better understand your dreams or tap into inspiring places with your writing, this workshop is for you! To learn more about dreamwork, visit Corinne's website, Confluence Dreamwork, at <https://confluencedreamwork.com>.

- Dates:
 - Tuesday, July 14th to Wednesday July 15th - *we'll begin Tuesday morning and the workshop will end around noon on Wednesday.*
- Cost:
 - \$140 per person
 - *The rate is based on a shared room, if you'd like a private room, please inquire via email.*
- What's included:
 - Workshop, lodging & meal packages (afternoon soup, dinner & breakfast).
- To learn more or register:
 - Email us at events@opushut.com

Yoga & Trail Run Retreat at the Thelma

Join us at the Thelma Hut this summer for a yoga & trail run retreat. Whether you're a trail runner looking for more yoga or a yogi looking for more trail running, this retreat will be the perfect blend for you! We'll spend three days disconnecting from autopilot life and reconnecting with



nature, others and ourselves through runs and yoga. Our aim is to nourish your body and soul with yoga, meditation, delicious plant-based food and trail runs of varying lengths through high alpine meadows. We'll also offer workshops on yoga and trail running, and there will be plenty of time to enjoy a wood-burning sauna, cold plunging, and being among the wild, awe-inspiring San Juan Mountains. The retreat will be lead by Chelsey Rajavuori, a trail runner and 500-hour yoga teacher who is passionate about guiding transformation and empowering others. She also loves to explore the connection we all have to the universe in and around us. The retreat will be co-lead by Allison Snyder Kingsley, a former Division I track runner who now prefers long miles through the rugged terrain of the San Juan Mountains and believes that yoga has the power to enrich both our lives and our runs.

- Dates
 - Friday, July 17th- Sunday, July 19th
- Cost:
 - \$425 per person
 - *The rate is based on a shared room.*
- What's included:
 - Daily yoga & mediation, workshops in yoga & trail running, lodging & plant-based meal packages (afternoon soup, dinner & breakfast).
- To learn more or register:
 - Email us at events@opushut.com



Root to Rise Backcountry Yoga Retreat at the Thelma

Join us at the Thelma Hut for a yoga retreat in the heart of the San Juan Mountains. For three days, we'll soften into the embrace of Pachamama—Mother Earth. We'll tune inward to connect to our higher selves and true nature. Learn to disconnect from the daily autopilot life and move with purpose and intention through everything. With daily yoga and meditation, cacao ceremony, nourishing plant-based foods, daily hikes, wood-burning sauna, cold plunging, breathwork, aromatherapy, journaling, workshops and plenty of time to reflect and

relax, this offers everything you need to tune inward and step back into your seat of consciousness. The retreat will be lead by Chelsey Rajavuori, a 500-hour yoga teacher who is passionate about guiding transformation and empowering others. She also loves to explore the connection we all have to the universe in and around us.

- Dates:
 - Friday, August 7th- Sunday, August 9th
- Cost:
 - \$425 per person
 - *The rate is based on a shared room.*
- What's included:
 - Daily yoga & mediation, workshops in yoga, meditation & journaling, lodging & plant-based meal packages (afternoon soup, dinner & breakfast).
- To learn more or register:
 - Email us at events@opushut.com



OPUS HUT Challenge – August 29th

Come test your strength, earn credits for stays at OPUS Hut and garner early reservation privileges!

At the end of every summer, the OPUS



stocks up on wood, beverages and non-perishable foods for the winter season. We carry these on our back a quarter mile from the summer trailhead (east side of Ophir Pass) to the Hut. Last summer, we turned the ritual into a party and competition. We're doing it again this year! Come join us in building quad muscles and earning Hut credit. All participants will have three hours to carry

as much as they can. **For every 50 pounds carried, you'll receive a \$10 credit for the OPUS Hut! You'll also receive early reservation privileges for the 2021 summer season or 2021/2022 winter season.** Prizes, including gear, will be awarded to the most carried in proportion to body weight and most carried. Last year, our winner carried just over 1,000 pounds!

- Date:
 - Saturday, August 29th starts at 11 AM
- Cost:
 - \$10 per person, all money collected through entry fees will be matched by the OPUS Hut and donated to Sheep Mountain Alliance (www.sheepmountainalliance.org)
- What's included:
 - Chances to win credits, endless pride, lunch and beverages.
- Registration: Registration will open on Thursday, March 19th via email to events@opushut.com. The first 16 to register will get food and lodging the night of the OPUS Hut Challenge for \$25 (75% discount!). One registration per email.

FOOTPRINTS RUNNING CAMP

Footprints Running Camp is a week-long camp for youth trail runners who want to mobilize the outdoor industry to take environmental action. 10 college-aged

runners will be chosen based on an environmental project of their own design for their own communities to come to the Opus Hut and spend a week running through the San Juans and learning from professionals in the fields of environmental science and policy



and land management. Each student will develop their project throughout the week while also contributing to the San Juan Mountains through trail work and community outreach. The goal is to demonstrate that anyone can take environmental action wherever they are, and to provide a clear path for anyone to make a difference through the context of the outdoor industry.

- Dates:
 - Sunday, July 19th – Sunday, July 26th
- To learn more:
 - www.runfootprints.com



SOLES Leadership Summit

San Juan Mountain SOLES invites all rising 9th-12th grade female-identifying youth to join us for a year of outdoor



adventures, leadership development and community engagement! Starting with an 8-day leadership for social and environmental justice Summit based at the Opus Hut, SOLE Sisters will develop and apply critical skills necessary to be effective leaders of social change, recreate competently in the outdoors, lead healthy and fulfilling lives, and build authentic communities. Join us for a jam-packed week of guest speakers, hands-on workshops, outdoor adventures, great

food, and environmental activism! After five days based at the Opus Hut, we'll head for the hills for a three-day backpacking trip where you'll get to hone your leadership and outdoor skills. After the summit ends, SOLES doesn't! We'll build upon all we learned during the Summit as we meet together throughout the school year with monthly dinners, and 2-3 outdoor expeditions including a winter backcountry ski/snowboard trip and a spring desert packrafting/backpacking trip.



- Dates:
 - Sunday, July 26th – Monday, August 3rd (with continued year-long programming)
- To learn more:
 - Contact SOLES co-founder, Ashley Carruth at 303-775-8054 or sanjuanmountainsoles@gmail.com.
 - Instagram: @sanjuansoles
 - Website: <http://sanjuanmountainsoles.weebly.com>

OPUS Odyssey Camp

OPUS Hut is partnering with Telluride Academy and Pinhead to host a camp for 10-12 year olds. Join us as we venture to the hidden Opus Hut for a collaborative, educational and outdoor adventure experience. Nestled high in the pristine San Juan Mountains, atop the famous "Ophir Pass" is the mystical Opus Hut. Here, students will live in a quaint mountain lodge that is fully equipped with



a kitchen, lounging areas, and cozy sleeping quarters! With instructors from both Telluride Academy and the Pinhead Institute, this immersive week-long adventure of high-alpine, off-the-grid living will include a variety of experiential and science-based workshops. We'll use the surrounding wilderness to learn about safe mountain travel, participate in outdoor science experiments, test out different navigation techniques and practice the art of team-building and outdoor leadership. It is here, in our outdoor classroom, that students will acquire skills for a future of adventures and inquiry-based learning. We will also leave plenty of room for massive backcountry meals, sunset story-telling, silly games and lots of laughs! Don't miss this opportunity to journey into the world of outdoor adventure and learning!

- Dates:
 - Monday, August 10th – Friday, August 14th
- Cost:
 - \$990
- To learn more or sign up:
 - <https://www.tellurideacademy.org/opus-odyssey-6-20>