

## ROOT TO RISE BACKCOUNTRY YOGA RETREAT AT THE THELMA

Join us this summer at the Thelma, a modern-rustic off-grid hut in the heart of Colorado's San Juan Mountains, 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 take time to connect with each other, to our truest selves and to the beautiful land around us. Learn to step back, release, and disconnect from our daily autopilot lives, moving with intention and purpose through everything. With daily yoga and meditation, cacao ceremony, nourishing plant-based food, daily hikes, cold plunge and wood burning sauna, breathwork, workshops on herbalism, yoga, writing, and nutrition, and plenty of time to reflect and relax, this weekend offers everything you need to tune inward and step back into your seat of consciousness.



This retreat will be led by Chelsey Rajavuori, a 500hr RYT yoga teacher who is passionate about guiding in the transformation, healing, and empowerment of others.

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

## TENTATIVE RETREAT SCHEDULE

### Friday, August 7

- Arrive to the Thelma Hut by 3 PM. We'll fill the evening with an opening ceremony, introductions, a yoga session, discussion of days to come, dinner, a workshop and wood-fired sauna time.



### Saturday, August 8

- Sunrise yoga and meditation followed by breakfast
- Morning hike & workshop.
- Afternoon yoga session followed by free time to enjoy the surrounding terrain.
- Dinner, evening workshop and wood-fired sauna time.



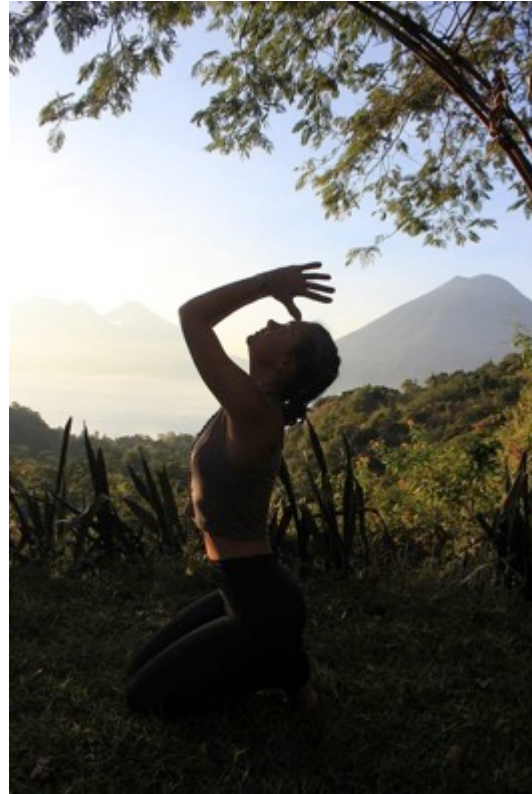
### Sunday, August 19

- Sunrise yoga and meditation followed by breakfast
- Morning workshop and hike.

Workshop topics include: Yoga Philosophy, Herbalism 101 + make your own smudge stick/bath bomb/essential oil blend, Ayurvedic Dinacharya (self-care), Journaling & Creative Writing, Plant Based Fuel, Chakras and Meditation, Yoga Nidra and Cacao Ceremony. f you have specific topics you're interested in learning more about, please let us know!

## A BIT ABOUT WHO YOU'LL BE WITH!

**Chelsey Rajavuori** is a perpetual wanderer, deeper meaning seeker and human potential activist. She has attended yoga trainings in Minneapolis, Mexico, Guatemala and Colorado. Chelsey first found her passion for health and wellness after majoring in nutrition and then becoming a yoga teacher and group fitness instructor in 2013. She traveled and moved all over the world, learning and teaching in many different states and countries before deciding to dive even deeper into her yoga practice in 2016. Since then, she has found herself drawn to holistic wellness in all things and strives to be a positive force for the evolution of others. Now a 500hr RYT, she has an integrated, open hearted approach to her teaching. She has roots in ashtanga based vinyasa, but loves to sprinkle in bits from many practices, from yin to



kundalini to power yoga to bhakti and beyond. You can expect a juicy flow, some solid core work, and the perfect balance of intensity and softening in her classes. Chelsey is passionate about guiding in the transformation, inspiration, healing, and empowerment of others and loves to explore the connection we all have to the universe in and around us. She is also currently in school for clinical herbalism, as well as massage therapy. Through plant-based eating and cooking, herbalism, aromatherapy, pranayama, mantra and sound healing, retreats, body work, self-care techniques, asana and movement, nature therapy, and much more, she hopes to be an usher in the journey to a happier and healthier, more whole lifestyle for everyone in her life. Chelsey is also co-creator of High Camp- a space for community to grow, learn, expand, explore, and thrive together in nature, and creator of Virya Yoga and Wellness- wellness and skincare products made from plant-based, organic, natural ingredients to nourish your body AND soul. When she isn't on the yoga mat or making herbal potions, you can find her somewhere in the San Juans, most likely trail running, hiking with her pup, climbing, paddle boarding, or skiing! Visit her website at [www.viryayogaandwellness.com](http://www.viryayogaandwellness.com) for more information.



**Allison Snyder Kingsley** will also be joining the retreat to offer a workshop on journaling. In 2016, she traded Italian leather heels, a Manhattan high-rise apartment and a decade-long pursuit of law firm partnership for running shoes, a



used car and an adventure in the American West with no destination, no itinerary, and no end date. She set out to resolve the lingering discontent that permeated a life that looked like a success to outsiders. During her travels, she fell in love with Colorado's San Juan Mountains, which are now home. Through her writing, she hopes to empower others to take chances, seek

connection and trust their own paths. She knows firsthand that waiting around for something external to change our lives is likely to bring discontent. We, alone, can make that change. Her essays have appeared in the *New York Times* Modern Love Column and Trail Runner. She's currently working on a memoir and a collection of linked short stories. To see some of her work, visit [www.allisonmsnyder.com](http://www.allisonmsnyder.com). When she's not writing, she's running around the mountains, trying not fall on her backcountry skis, hiding a disc for her puppy and operating two backcountry lodges with her husband.

## A FEW MORE DETAILS



Getting to the Thelma Hut ([www.thelmahut.com](http://www.thelmahut.com)):

Thelma Hut is located along US Highway 550 - the Million Dollar Highway - between Ouray and Silverton, Colorado. The Hut is located .5 miles directly west of Highway 550 over a small rise in lower Porphyry Basin. During the summer, it's accessible via 4WD high-clearance road that is unmarked. You can also park in an area .6 miles south of Red Mountain Pass near the Addie S. Cabin and hike up. There is a highway closure gate at that parking lot.

The closest landmarks to the road/parking area are:

- Red Mountain Pass Summit - 0.6 of a mile north
- Silverton - 9 miles south
- Ouray - 14 miles north

The closest airports:

- Montrose Regional Airport - 52 miles north
- Durango-LaPlata County Airport - 71 miles south
- Albuquerque International Airport - 275 miles via 550/I25
- Denver International Airport - 369 miles via 550/50/I70

Payment & Cancellation:

Please contact us via email at [events@opushut.com](mailto:events@opushut.com) to register and arrange for payment. A 50% deposit is due to hold your place, with the remaining due by July 17<sup>th</sup>. Payment can be made via check, payable to OPUS Hut and mailed to the OPUS Hut at P.O. Box 833, Ophir CO 81426 or via credit card, over the phone.

Cancellations will be issued a refund *only if* a waitlisted participant fills the space.

Other Preparation:

We'll send out a final itinerary and gear list in advance of the retreat. If you have any more questions in the interim, please don't hesitate to reach out at [events@opushut.com](mailto:events@opushut.com).

We look forward to seeing you in August!