

YOGA & TRAIL RUN 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 & 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 our autopilot lives 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 aimed to improve your 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 peaks.

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, 19th
- Cost:
 - \$425 per person
 - *The rate is based on a shared room.*
- What's included:
 - Daily yoga & meditation, 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

TENTATIVE RETREAT SCHEDULE

Friday, July 17

- Arrive to the Thelma Hut by 3 PM. We'll fill the evening with introductions, a yoga session, discussion of days to come, dinner, workshop and wood-fired sauna time.
- *Optional:* The inspiring Hardrock 100 kicks off at 6 AM the morning of Friday, July 18th. It's an amazing time to be in Silverton and if you're able, we recommend getting to town early. For those interested, we'll convene at the start line to cheer on runners, then go for a run nearby before heading to the Thelma.



Saturday, July 18

- Sunrise yoga and meditation followed by breakfast
- Morning trail run – we'll offer suggestions on runs ranging from three to ten miles. You can travel as a group, or at your own pace.
- Afternoon yoga session & workshop followed by free time to enjoy the surrounding terrain.
- Dinner, evening workshop and wood-fired sauna time.



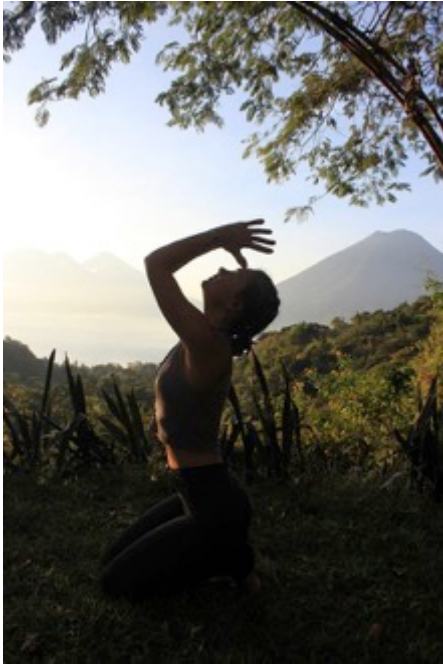
Sunday, July 19

- Sunrise yoga and meditation followed by breakfast
- Morning trail run – we'll offer different suggestions on runs ranging from three to ten miles. You can travel as a group, or at your own pace.

Workshop topics will include: Journaling, Self-Supported Mountain Running Essentials, Yoga and Ayurveda: Self Care for Trail Runners, Yoga Philosophy, Plant-Based Fuel for Athletes and Herbalism 101. If 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 of 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, 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 for more information.

Allison Snyder Kingsley is the type of person who will make you laugh over a campfire one day, and push you beyond what you think is possible in the mountains the next day. An avid runner from Upstate New York, she was an All-American track athlete in High School and ran for a Division I College program. She now prefers the rugged terrain of the American West. In 2015, after a decade of running mostly on asphalt, she rediscovered the freedom of trails when she set out for an 18-mile run in Washington's Olympic National Park. Six months later, she quit her legal career in New York City



and drove west to explore America's wilds on foot. She filled her days with self-supported long runs, including a 38-mile run through Zion National Park, a 40-mile run through the Tetons and a 47-mile Rim to Rim to Rim run in the Grand Canyon. During her travels, she fell in love with Colorado's San Juan Mountains where she's learning to love running up mountains. When she's not running, she's writing and operating two backcountry lodges with her husband. 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.

A FEW MORE DETAILS

Getting to the Thelma Hut (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 to register and arrange for payment. A 50% deposit is due to hold your place, with the remaining due by July 1st. 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.

We look forward to seeing you in July!