

SEPTEMBER 2020

Metamorphosis

4 DAY 3 NIGHT RETREAT



Retreat into the Colorado Splendor with this 4 day 3 night experience featuring:

Yoga · Hiking · Star Gazing · Autumn Majesty of Colorado

Join Brian Fehling, Darby Moran & Patrick Brennan on a 4-day exploration of transformation and change at Sacred Hollow Ranch.

Nestled high above the red rocks of Colorado National Monument Sacred Hollow Ranch spans 60-acres of healing sage brush and restorative natural elements.

ADVENTURES



MEDITATE IN THE SACRED RED ROCKS

Experience the
transformitive power of
the red rocks as you
adventure through
Colorado National
Monument.



AUTUMN COLOR CHANGE IN THE ASPEN FOREST

Behold the magnificence
of Colorado's Aspen
forests as the fall weather
transforms the landscape
into a brilliant display of
autumn color.



EXPLORE THE CO MOUNTAINS & FORESTS

Sink into Colorado's
panoramic beauty as you
hike and explore the
forests of the world's
largest flat top mountain.

SACRED HOLLOW RANCH

- 60 Acres of Natural Sage Brush
- Locally Grown Produce
- Private Meditation Garden
- 850 Square Foot Yoga Studio
- World Famous Milky Way Star Gazing
- Daily Yoga Practice
- Daily Guided Meditation
- Daily Pranayama Practice



FALL IN COLORADO

· Hike and explore some of the most beautiful mountains on our planet, as the aspen leaves put on a beautiful autumn color display.

· Sacred Hollow Ranch has one of the longest periods of fall colors anywhere in the world because there are five different climate zones within 60 miles of the facility.



NOURISHING HOME GROWN MEALS

- Our kitchen lovingly crafts food that benefits both your body and mind. Meals are made fresh with locally sourced organic ingredients and Sacred Hollows produce.
- Traditional season-extending methods such as lacto-fermentation, pickling, freezing, curing, canning and drying help sustain our farm to table approach year round.

