

# Cowgirl Retreat at Cowboy Campground - What to Expect, Bios & Miscellaneous Info

Have you wanted to return to Summer Camp or join in?  
Wished there was one for grown ups?  
Want to be pampered with breakfast and dinner and special events?  
Enjoy a massage after a long day of playing/riding and enjoying fresh air in Idaho City?  
Soak in the warm water hot springs pool at The Springs?  
Relax, have a little fun, leave stress and daily chores, family and work behind?

Enjoy a scavenger hunt, connect physically and learn self awareness and healing.

We will break into 4 groups to allow a more intimate setting and easier learning. Two 90 minute group rides each day. Evenings around the campfire for stories and sharing.

No need to cook, we will provide great meals by the chuck wagon. All inclusive!

We are taking 12 wonderful ladies (you should be at least 20 years old) to experience our Cowgirl Retreats.

We have designed a splendid opportunity to combine your love for riding and horses, with checking your Horsemanship skills, learn some relaxation methods, stretching especially towards our riding abilities. We created something awesome for you and we are certain you'll want to do this.

Get away and enjoy the splendor of nature and our Western Rustic Hospitality at the gateway to the Boise National Forest, just outside of Idaho City.

Enjoy the comradery of horse loving ladies. Learn, relax and connect with your horse and yourself.

The Cowgirl Retreats are being created by Sabrina Amidon of Cowboy Campground at Legacy Park in Idaho City. We have teamed up with Horse savvy and competent coaches and designed a fun concept. The coaches are life long horse women and are working hard to create a wonderful experience, where you will learn, grow, let go and find a connection you will hold dear. And even take a journey into the theater of your mind with an inner healing approach that will bring the best of you front and center!

Strengthen your horsemanship skills with our Expert Clinician, transform your inner world with our leading results based on Emotional Freedom and Success coach. Improve your flexibility in the saddle with our Equestrian Fitness Professional.

Allow yourself to engage in calming Zen Yoga with a wonderful caring instructor, who also happens to be a skilled masseuse. Learn easy relaxation and breathing exercises with an emphasis on a peaceful mind; create wonderful moments of physical alignment, flowing energy, finding awareness and mindfulness. No you don't have to practice yoga to benefit from this great meditation practice. Take some time and receive a chair massage by the fireplace or book a private moment away from the ladies.

Of course we have a few things up our sleeves, but you will have to sign up and see what else awaits.



Where will this amazing retreat happen?

Just 1 mile past Idaho City, right off Highway 21.

More info, check out our website [www.CowboyCampground.com](http://www.CowboyCampground.com) and like us on our FB page: <https://www.facebook.com/CowboyCampground>

If you don't have access to a camper or tent, Idaho City has several hotels available now. Your horse will stay at Cowboy Campground in its own 12x12 paddock. Water is available to water your horse, the rest you have to bring yourself.

Keep in mind, weather in May can still be a little crazy, please bring several layers and coats.

A camp chair would be great to hang around the fire with us.

If you don't have a trailer to haul your horse, check with us, and we will coordinate a spot.

We also have planned ahead, and made reserved reservations at The Springs. They are only open on a limited & restrictive schedule due to Covid.

If you like to add that, let us know. Friday, 10.30 am - 1 pm. and we will happily add it to your camping experience.

Arrive early and set up camp on Thursday and explore Idaho City and take in the beauty of this area, at no additional charge. But the fun begins Friday evening with registration and dinner.

Please let us know your arrival day and approx. time.

The food will be great too, all cooked onsite and will include Dutch Oven meals. If you like to learn more about it, check with our camp cook, Bill Murphy for tips and tricks.

We will offer cold water and snacks by the Covered Wagon all day long.

Friday Dinner:	Steak & Shrimp - Please bringing a side dish to everyone to enjoy
Saturday Breakfast:	Casserole, bacon, eggs, pancakes, fruit, etc. Coffee & Hot Cocoa
Saturday Dinner:	Salad, Vegetables, Chicken, Rice, Fruit Cobbler & Appetizers
Sunday Breakfast:	Casserole, sausage, eggs, french toast, fruit etc. Coffee & Hot Cocoa
Sunday Afternoon:	Milk Shakes which we will pre-order from Town

Please bring your own choice of beverages. Yes, alcoholic beverages are welcome.

The Idaho City Hotel is \$109 for a queen and \$119 for a king per night.

We might be able to pair you with another roommate.

Located 1 ½ miles from CC. Sorry not pets allowed, (nor a horse).

215 Montgomery Street, Idaho City, 208.392.4499 Great Coffee too!

Please make your hotel reservations yourself and let us know. There are additional choices you can check into.



Here are the bios of our wonderful instructors:



### Dana Lovell - Running T Horsemanship, located in Shoshone, Idaho

Dana Lovell is an accomplished horsewoman with a diverse background in English and Western horsemanship. She understands the success and joy that exists between horse and handler when the partnership is based on clear communication, understanding and mutual trust. Her passion is to help others achieve a deeper level of connection with their horse by teaching effective methods with an understanding of bio-mechanics and the horse's perspective. Dana strives to continue her own education through different avenues and recognizes that horsemanship is a never-ending odyssey. With her unique style and authentic exuberance, she enjoys passing her knowledge and experience onto others. Dana's clinics provide an engaging environment to further your horsemanship regardless of your discipline or level of experience.



### Heather Eastman - Coach at Heather Eastman Fitness, located in Boise, Idaho

A native of Santa Cruz, California, Heather happened upon a life-changing opportunity while earning her bachelor's degree from UCLA. Though her course work prepared her for a life in the medical field, Heather left it behind to pursue her love of exercise and fitness, earning certifications from the National Strength and Conditioning Association and the American Council on Exercise. She finished her degree while working for the university at the renowned John Wooden Center as a personal trainer and group exercise instructor.

In her 12 years' experience training clients and teaching classes, Heather went on to work with health and fitness professionals from around the country and mastered everything from competitive bodybuilding to CrossFit to aerial silks. She enjoys art and travel, having already visited 28 countries on 5 continents, and when she's not exploring the world or attempting new challenges she loves to be home where she can cook healthy meals, spend time with her pets, and watch movies.

Heather's mission is to use her passion for fitness and her knowledge of training and nutrition to educate and motivate others to enjoy a healthy and active lifestyle.



### Ashley Maven - Emotional Freedom & Success Coach- located in Kuna, Idaho

Leading results based on Emotional Freedom Expert and Success Coach, Ashley specializes in emotional fitness, unconscious and conscious mind transformation, inner healing, the internal resources necessary for success & how to live a life anchored in joy. Ashley is known for helping her clients have radical lasting transformations & move into a state of success, thriving, & joy centered living.

"Our reality is often a mirror of what's inside us, by transforming our inner world we can experience a new outer world." –Ashley For more information about Ashley's work please visit [AshleyMaven.com](http://AshleyMaven.com)

## Workshop Information:

Take a trip into the Theater of Your Mind!

Whether we're conscious of it or not, throughout our day we are filtering our experience through an identity we've created for ourselves. This identity can be seen as your leading roll in your inner movie playing in your mind. This lead role is a version of you, unfortunately the human mind can often unfairly script this character based on perceived weaknesses, shortcomings, unfair comparisons, and even based on the effects of trauma suffered or injustices that have happened to you.

This character is often completely unfair to the truth of who you are! And unfortunately can negatively affect your experience of life (your reality!), inhibit your success (in any area of your life), and directly affect your emotional well being. Together we are going to begin to rescript your leading roll and kick that negative imposter to the curb. After all, we don't go pointing out every flaw of our best friend and holding it against them.... why would we ever think that it is okay to do that to ourselves?

In this session, we are going to use one of your greatest mirrors in life to uncover a core unfair identity you've scripted into your main character. What is this infamous majestic mirror, you ask?? Your horse!

And you will learn a technique that you can use right away to transform this as well as a simple yet powerful way to approach life and horses with a calm body and deep softness (that your horse will thank you for!) I only have one requirement for you to join this workshop, the willingness to be kind to yourself and the desire to thrive.

So excited to take this joyful journey with you to the *Theater of your Mind!*



Casee Hogg - Owner of Soul Tree Bodyworks & Yoga Teacher located in Boise Idaho, Historical District

Casee is a a Licensed Massage Therapist, and received her certification from the Asheville School of Massage and Yoga in 2012. She has a 200 hour yoga certification from both Sage Yoga, and Hollywood Market Yoga. She just finished her 500 hour teaching certification with Zen Spot Institute. Casee used to dance professionally, and in her spare time loves hiking with her dog Shiva, playing her electric guitar, singing, and rock climbing.

You are infinite, eternal, and whole- right now. Take a breath. Let that sink in. You are irreplaceable. Your exact essence will never exist again on all of time. Let your heart break open and realize how precious you are. You are love. You are light. Let love win every time.... the doubts the fears are not you, and never will be again. Trust in your inner guidance system and wisdom. You know the way through your heart. You know you, you've been with you every step of the way. Give your soul what it needs...and watch it grow.....

What happens at Cowgirl Retreat, Stays at Cowgirl Retreat!

