



SOLAR ECLIPSE & WHITEWATER ADVENTURE RETREAT

6-NIGHT, 7-DAY // AUGUST 21-27 // MIDDLE FORK OF THE SALMON RIVER, IDAHO

Join Boundary Expeditions for a once in a lifetime adventure on the Middle Fork of the Salmon River with three incredible wellness practitioners, Ariel Mann, Carol Mann and Callie Stolz.

The Middle Fork of the Salmon River was rated one of the “Top Three River Trips” in the world by National Geographic, and Boundary Expeditions is one of the premier guiding companies in the canyon. The Boundary team and Ariel, Carol and Callie look forward to welcoming you to a life-changing trip.



The weeklong trip will begin with a rare opportunity to view the total Solar Eclipse on Aug. 21. Guests will fly in to the river corridor on an exclusive charter flight and stay at the luxurious Middle Fork Lodge for one night, where they'll be treated to on-river accommodations with a front-row seat to this rare and amazing solar event.

The on-river trip will begin on Aug. 22 and include five nights of luxurious on-river camping and adventure centered around an inspirational wellness program that will combine yoga, daily meditations, bodywork and massage with thoughtful campfire discussions about living a more aware and healthy life. Take part in this unique opportunity to enjoy the supreme beauty of wilderness around us while tuning in to the beauty within us. Our days will be spent floating through crystal-clear whitewater, enjoying healthy organic-based meals, and opening to our hearts and minds through the practice of yoga, connecting to the wisdom in your soul, and the ancient science of Ayurveda.

Your inclusive week will include:

- Flight into the Middle Fork Lodge on Aug. 21
- One-night stay at the Middle Fork Lodge
- All-inclusive wilderness river guide service & luxury camping experience
- Fishing and hiking
- Healthy organic meals and snacks
- Transformative workshops
- Outdoor yoga & meditation
- Immersion in nature
- Massage
- Leisure and river time
- Time for reflection

Cost: \$3,500 per person – limited to 15 people

Book this trip here!

Wellness Leaders:



Ariel Mann: Awarded Jackson Hole's Best Yoga Instructor by JH Weekly for the past five years, Ariel offers private yoga instruction and teaches a full repertoire of classes at Inversion Yoga. Ariel, who is a certified yoga therapist and personal trainer, shares with students the ancient science and practice of yoga, including teachings, programs and techniques scientifically documented to prevent and heal injuries and illnesses of the body and mind. www.jhwellnessatwork.com/aboutariel.htm



Carol Mann: Carol is a Harvard University-trained educator whose life-long study of things spiritual and her talent as a clairvoyant are reflected in her many professional endeavors. For over 25 years she has been teaching, writing, leading seminars and offering Soul Readings and Soul-Based Life Coaching locally, nationally and internationally. Carol is a Certified Yoga Teacher and offers her favorite Heartfelt Gentle Yoga classes in Jackson. www.yourcosmiccafe.com



Callie Stolz: Callie is the heart and soul of Santosha Wellness Center in Big Sky, Montana. Callie teaches yoga, practices Ayurvedic Medicine, and does a variety of bodywork and massage therapies. Callie developed a passion for yoga, meditation and holistic healing nearly 20 years ago when it proved to be an integral part of her own healing journey. She is excited to share these opportunities for growth in the great outdoors with others in search of wellness and adventure. www.santoshabigsky.com

