

PIVOTAL MOVEMENTS

WOMEN'S RETREAT

JULY 7-10

DILLON, MT

SPACE IS LIMITED TO 10
\$999-\$1225

*Taxes and service fees included



Horseback Riding



Group Coaching



Hands-on Therapy

ARE YOU READY TO HARNESS YOUR TRUE POTENTIAL?

This is an empowering 4-day opportunity to break free of whatever is holding you back. It's not only a change of scenery - it's the perfect backdrop for transformation. Everyone receives personalized attention and hands-on horse time. No horse experience needed. Come alone or bring a friend - space is limited so register today!



Contact Us

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www.pivotalmovementsmc.com

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**WE INVITE YOU TO JOIN US FOR 4 DAYS OF TRANSFORMATIVE EQUINE EXPERIENCES,
HOLISTIC HEALING, AND RELAXATION IN AUTHENTIC
BIG SKY COUNTRY**

Come explore the wide-open spaces of Montana and reconnect with yourself as you breathe in pure mountain air. Let the magic of horses touch your heart and make lifelong friends in the process. With only ten attendees you get more personalized attention.



MEET YOUR EQUINE COACH

With over 30 years of horse experience, Equine Assisted Learning Coach, *Horse Powered Reading* Instructor, and prior *EAGALA* Certified Instructor, **Cathy Stewart**, will guide you on this journey to clarity, build confidence and the courage to find the path you “should” be on. You’ll experience transformative interactions with horses, bond with a supportive group of women, and leave with lasting memories of a truly unique experience. To view her full bio [click here](#).

WHY IT WORKS:

Horses are highly intuitive animals and are masters at reading human body language. They sense our energy and see us for who we are, not who we pretend to be. Horses give honest, non-judgmental feedback that can help reclaim joy.

The Pivotal Movements Retreat is a freeing, transformative experience.

You’ll share moments with horses and supportive women that change the way you see yourself and envision your future while supporting you in becoming the most courageous, authentic version of you ... guaranteed!

At the end, you will walk away feeling grounded and transformed by this experience with:

- A clear vision, focus, and plan for what’s next in your life
- A deeper trust in yourself
- A stronger connection to your intuition
- Tools to stay grounded and in the present moment
- Support to take action and move forward
- A sisterhood of like-minded friends and enduring memories

You can spend years in talk therapy and complain to others about what’s not working in your life, OR you can embark on a soul-stirring, life-changing adventure in the beautiful Big Sky of Montana. What are you waiting for!

**THIS PIVOTAL MOVEMENTS RETREAT IS A JOURNEY
FOR YOUR MIND, BODY, AND SOUL**

Join Us!

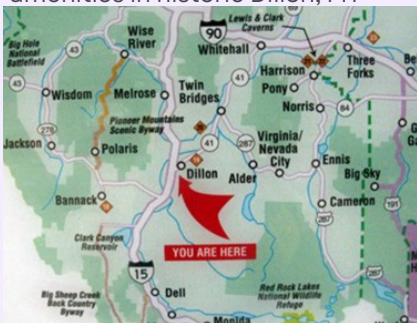
Limited to 10 Attendees!

YOUR FEE OF \$999 INCLUDES:

Authentic Montana cooked meals, powerful and fluid group Equine Coaching Sessions, receive personalized attention, get hands-on horse time, Create Your Vision workshop, plus topics like healthy eating to help you on your wellness journey. Everyone will leave with a gift tote filled with inspirational treasures and local goodies. (An Additional add-on for Sunday is available, see below)

Hotel Accommodations

- Book your own hotel - a list of area options will be provided for you
- Lodges, BNBs, Hotels, and Motels - An assortment available for your comfort and needs
- Centrally located to town amenities in historic Dillon, MT



\$79.00 - and up / Person

[Click here for some great options](#)



Optional add-ons to your retreat experience (Sun afternoon)

- Learn the art of fly fishing at a private pond (max of 5)
- OR
- Mountain trail riding (max of 5)
(Can only choose one - subject to change due to weather)

Additional \$225.00 / Person

*Let us know your preference at registration

Sunday afternoon - options

If fly fishing or trail riding isn't your thing explore nearby options that we are sure you will enjoy such as:

- [Crystal Park](#) - a rock hounds dream come true! (\$5/per adult)
- [Elkhorn Hot Springs](#) - take a relaxing plunge in soothing mineral water (\$10/adult)
- [Bannack State Park](#) - so much history and some say it's haunted! (\$8/vehicle)

Choose all or one, the beautiful scenic drive will take you to all 3 and if you're lucky you might see a moose or two! (car pooling recommended)

*Prices subject to change and are not set by us or paid to us click on the links above for details on each.



Register Today - www.pivotalmovementsmc.com

*taxes and service fees included



AGENDA AT A GLANCE

Friday, July 7

- 1:00-4:30 pm: Check in time! Arrive at the Pivotal Ranch
- 5:00 pm: Cowgirl Happy Hour and dinner - let's get to know each other!

Saturday, July 8

- 7:00 am: Breakfast
- 8:00 am: Meditation - setting our intentions for the day
- 9:00 am- 12:30 pm: Equine Coaching
- 12:30 pm - 1:30 pm: Picnic style lunch and break
- 1:30 pm - 4:40 pm: Equine Coaching
- 4:30 pm - 5:30 pm Mindful Break
- 5:30 pm - 7:30 Ranch hand dinner and Create Your Vision Workshop

Sunday, July 9

- 7:00 am: Rise and Shine Breakfast
- 8:00 am: Journal Writing - setting good intentions
- 9:00 am- 12:30 pm: Equine Coaching
- 12:30 pm - 1:30 pm: Lunch with a special quest ... get inspiration from her life-changing healthy eating
- 1:30 pm - 3:00 pm: Equine Coaching
- 3:00 pm: Free time! Learn fly fishing or trail ride. Or maybe you want to explore the other options on a beautiful scenic adventure
- Dinner is on your own or with the group, this one is flexible depending on the day

Monday, July 10

- 8:00 am: Mellow breakfast bar
- 9:00 am -12:30: Equine Coaching
- 12:30 pm: Lunch and farewells

PLEASE NOTE, SCHEDULE IS SUBJECT TO CHANGE.



Remember, this is a small group with our focus on individual self-care. Retreat takes place in a small Montana town with few luxuries. There will be bugs, dirt, little time for make up or glamorous photo shots. This is raw, emotional, and healing focused. You have to get messy to break through some hard shells. We ask that you respect each person's journey as we laugh, cry, and find joy together. There is so much strength in the power of women! Please feel free to contact us with any questions.