

Colorado Schedule

Friday

11:30-12:00pm

Arrive at Latigo

Pull into the ranch and meet in the main lodge, where you'll be greeted by Whitney and get your cabin assignment.

12:30-1:15pm

Lunch

Enjoy a home-cooked meal to power you through the afternoon. Come ready to ski!

1:30-2:15pm

Pathfinding Session

Meet upstairs in the Social Club for introductions and intention setting with Gina to set the stage for the weekend ahead.

2:15-2:45pm

Ski Theory & Gear

Beginners: Get a quick intro to skate ski theory and what it's all about with Whitney. Then, get fitted with equipment. **Intermediates:** Grab your assigned gear and head outside with Tristin!

2:45-4:15pm

Ski Clinic I:

Getting Comfortable

Warm up with drills, practice skiing without poles, and learn V1. This will be an introductory lesson with a great re-cap of foundational skills for intermediate skiers.

4:15-6:00pm

Free Time

Relax in your cabin, play a game of pool in the Social Club, or read a book in the library while stealing peeks of the 100-mile view of the Rocky Mountains. Also a great time to hit the hot tub!

6:00-7:00pm

Dinner

Enjoy one of Latigo's famous home-cooked meals in the lodge.

7:30-8:30pm

Grounding Yoga

Join Gina in the Social Club for a nourishing and supportive slow flow and deep stretch yoga practice. Consider bringing your mat to dinner for less walking to and from!

Saturday

8:00-8:45am

Breakfast

Opt for the bacon and potatoes for a hearty ranch-inspired meal, or go for a loaded omelette.

9:00-11:00am

Ski Clinic II:

Hills

Meet in the Social Club before splitting up into our two groups. Each will recap what we learned on day one, and then progress to learning how to get up and down hills safely and efficiently.

11:00am-12:30pm

Free Time

Continue skiing until lunch, or put on your snowshoes and explore.

12:30-1:15pm

Lunch



Colorado Schedule

Saturday

1:15-3:30pm
Free Time

3:45-4:45pm
Empowering Yoga
Meet in the Social Club, where Gina will guide us through a full-spectrum Vinyasa practice that cultivates resilience and clarity.

5:00-5:45pm
**Alpenglow
Happy Hour**
Remain in the Social Club after yoga to cheers to the weekend. Wine and craft beer provided, or bring your own drink of choice!

6:00-7:00pm
Dinner

7:00-10:00pm
**Hot Tub or
Stargazing**
Alternate between the hot tub and making snow angels in the cold beneath a billion Colorado stars. You can always go for a night ski!

Sunday

7:00-7:45am
**Morning
Mindfulness**
Meet in the Social Club as the sun crests the mountains for a quiet gathering and reflection session, led by Gina.

8:00-8:45am
Breakfast
Tuck into a final breakfast served by the George family. The pancakes, complete with the ranch brand, are one of our favorites.


9:00-10:30am
**Ski Clinic III:
Gaining Speed**
Split into groups one final time and hone your skills on skinny skis. Depending on progress, learn V2 technique and practice your newly acquired gears on Saddle View or Coyote Run.

Return all ski equipment.

11:00am-12:00pm
Centering Yoga
Leave your ski gear in the bottom of the Social Club and head upstairs to enjoy one final yoga class with Gina!

12:30-1:15pm
Lunch

1:30pm
Depart Latigo
All good things must come to an end. May we suggest a stop at Hot Sulphur Springs on your way home? Thank you for joining us this weekend, and drive safe!

 All activities are completely optional. If you decide to skip a meal or depart early, please let us know!

