



# WILD WYOMING

L.I.V.E.

Experience for  
Widows

**JUNE 06 - 10  
2024**



PAISLEY  
PROJECT

# Table of Contents



**03** About the Location

**04** Retreat Overview

**05** Highlights

**06** Benefits to Healing

**07** Package Pricing

**08** Next Steps

**09** Contact Information

# Wilderness in Wyoming

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The untamed area of southern Wyoming is filled with open plains, majestic mountains and cold, mountain water. The spirited, off-beat town of nearby Laramie has deep Western roots and high-altitude air.

Whether you spend the day shopping in this small western town, hiking in the “Snowy Mountains” or enjoying any of the nearby rivers or lakes, this experience will offer you wide open spaces to breathe deeply and relax.

We will gather in a private “home on the range” where real deer and antelope play among the pines and aspen trees. The local flora and fauna offer an enriching connection to nature, fostering a sense of grounding and connection to our inner selves.

Combined with the Paisley Project community support, activities, and healthy, prepared cuisine, this retreat in the Wilds of Wyoming is an immersive experience that nurtures both the body and the soul, offering a sanctuary for healing, growth, and transformation.



## A HEALING COASTAL EXPERIENCE – DESIGNED FOR THE PAISLEY PROJECT

### WHERE IS THE RETREAT?

Our retreat home is spread out on the western plains outside of Laramie, Wyoming.

### WHO IS INVITED TO ATTEND?

All widows, whether they are new to the Paisley Project, or have been involved before, are invited!

### HOW LONG IS THE TRIP?

The experience happens over four days.

# Retreat Overview

06

## MEET THE PAISLEY PROJECT IN DENVER, COLORADO

All women will fly into Denver, Colorado at the beginning of the retreat. We will meet at a pre-arranged spot and travel in a rental vehicle shared by our group. We'll then head to our new home in Wyoming at the beginning of the retreat.

## WELCOME TO OUR OWN HOME ON THE RANGE

Once you arrive, you will head to the McKendry Ranch House and choose your sleeping arrangements! Karyl will help with the planning.

07

## RELAX, REJUVINATE, AND CONNECT

The lodgings, cozy and welcoming, provide a peaceful haven for each woman. In addition to the soothing ambiance, we will offer 60-minute full body massages to melt away tension and promote holistic well-being.

We have carefully curated our retreat's dining experience, drawing from locally sourced ingredients, including farm fresh eggs. These nourishing meals often become an opportunity for widows to forge connections over delicious dishes, fostering a sense of community and support.

We have developed specific art and writing experiences for you.

Each day, you will choose among many activities available to you, from viewing riding horses, fly fishing, hiking, axe throwing, shooting practice, creating art, working through a puzzle with friends, or simply enjoying the view from the hot tub. This retreat is for you, so you have the power choose what feels right.

10

## RETURN HOME, RESTED AND WELL

At the end of our retreat, we'll return to the airport to fly out of Denver, Colorado.



# Trip Highlights

This retreat is designed to have something for everyone, no matter what *healing* looks or feels like to you.

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## A HISTORIC WESTERN TOWN TO EXPLORE

This vibrant college town has shops, restarants and historic buidlings to wander through. Wear your jeans and cowboy hat and explore the historic West.

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## NOURISHING, CURATED MEALS

Our delicious, chef-created meals will be a cornerstone of healing, providing our bodies with the essential nutrients required for overall well-being.

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## PRIVATE HEALING MASSAGE

Talented Paisley Project member, Cindy, will be offering longer, private full-body massages as well as shorter massages that allow us to mingle while we relax.



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## HOT TUB ON LOCATION

You won't have to go far for a spa-like experience, because a hot tub are available at the for our use, any time it feels right.

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## ART THERAPY AND HOME ACTIVITIES

We always keep a good puzzle on the table, in addition to offering other, therapeutic art-centered activities for every skill level.

# Why Retreats are Magic for Healing from Loss

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Quality time with community and nature is more than a vacation or a luxury – *it's what humans need to heal, survive, and thrive.*

Science has substantiated the profound role of community, nature experiences, and restorative retreats in aiding the healing process after loss.

Social support from communities, friends, or support groups fosters emotional connection, diminishing feelings of isolation and invoking the release of mood-enhancing neurotransmitters.

Nature experiences offer therapeutic benefits, reducing stress and depression by harnessing our innate affinity for the natural world, promoting introspection and emotional solace. Restorative retreats, whether nature-based or centered on therapeutic activities, provide dedicated time for healing, allowing participants to temporarily disengage from daily demands, fostering relaxation, self-awareness, and communal support.

Research affirms that all of these factors, combined, contribute significantly to a comprehensive healing journey for those grappling with loss—in this case, specifically for women are coping with the loss of their spouse.

## REDUCES STRESS

The peace and tranquility of nature offers respite from the stressors of modern life, leading to improved mental and physical health, even better sleep.

## IMPROVES MOOD

Studies show that people who spend time with nature have a lower risk of depression and anxiety while increasing happiness and well-being.

## IGNITES CREATIVITY

Time with community in nature improves cognitive functions like creativity, attention, and memory. It's also been proven to improve focus and reduce mental fatigue.

## BUILDS COMMUNITY

Group experiences can reduce feelings of isolation and offer a supportive environment where widows can openly discuss their feelings without judgment and develop a sense of belonging.

# Your Investment

Trip Cost	Per Individual
Wild Wyoming L.I.V.E. Experience	\$700
Travel to and from McKendry Ranch House	Not Included
<b>TOTAL AMOUNT DUE TO PAISLEY PROJECT</b>	<b>\$700</b>



### WHAT'S INCLUDED

- Lodging
- Massage
- All Meals
- Wine, Sparkling Water, and Soda
- Art Therapy / Journaling
- Hot Tub
- Ranch Activities

### OPTIONAL EXTRAS

- Shopping and dining in town
- Wild Horse Refuge
- Guided hikes
- Fly fishing

June 06 - 10, 2024



## Next Steps

01

### RESERVE YOUR SPOT

Please notify Karyl McKendry as soon as you would like to confirm your spot.

**We are limited to 12 spots for this retreat. These are on a first come, first serve basis.**

Once you get in touch, Karyl will work with you to arrange your payment and reservations.

CLAIM YOUR SPOT

02

### BOOK YOUR ITINERARY

Once you've booked your spot with Karyl, it's time to get your tickets for travel and arrange any additional activities you would like to do once you're there!

Take a look at the visitor's site for the Laramie, Wyoming and the surrounding areato get some inspiration and discover what you might like to do!

VISITOR INFO



# We can't wait to share this experience with you.

THE PAISLEY PROJECT



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