

## Planned Itinerary

### BODACIOUS IN THE BUGABOOS - YOGA ROCKS

#### **July 9, 2010: BANFF TO BUGABOOS HELIPAD**

This is the way to travel...get up close and personal with the majestic Columbia Mountains when a private CMH helicopter whisks you up, up and away to the gorgeous Bugaboo Lodge. After getting fitted with all the top of the line outdoor gear you'll need, it's time to get acquainted with your Bodacious travel companions over a scrumptious lunch. Spend the afternoon hiking with your certified mountain guide in the high alpine. At day's end, enjoy some chopper fever as you are whisked back to join Angie for a mountain style yoga class. From beginning to end the flow of energy will be with the breathe and the energetic movement of the body in order to still the mind. After unwinding on your yoga mat, share in some fun with a Bodacious Welcome Cocktail followed by a deliciously prepared dinner. The evening is yours to relax with your Bodacious friends - have a hot tub under the stars, enjoy a muscle-melting massage or chat by the fire.

**(snack, lunch (L) and dinner (D))**

**NOTE: - 4:30 PM afternoon yoga  
6:30 PM Bodacious Welcome Cocktail  
7:00 PM Dinner**

#### **July 10, 2010: BUGABOOS**

Join our yogini Angie Smith for total mind and body awakening with "Sunrise Yoga". Enjoy a hearty breakfast before the helicopter takes you high upon a mountain top for an unforgettable day of hiking with your certified mountain guide. Upon your return to the lodge, our afternoon yoga session will stretch your muscles and bring you to a place of relaxed stillness. You are recharged and ready to join in for a "SHOP TIL YOU DROP" Wine and Cheese Party or sit back in the view rich relaxation room at the spa. After a 5-star dinner, take a shot at "GETTING VERTICAL" on the climbing wall or curl up with a book by the fire. **(B, L, D)**

**NOTE: - 4:30 PM afternoon yoga  
5:30 PM "Shop til you Drop" Wine and Cheese Party  
7:00 PM Dinner**

#### **July 11, 2010: BUGABOOS**

More of those soul-soothing breathing and stretching exercises awaken us with Angie's encouraging guidance. After a tasty breakfast, be flown to new heights for another audacious hiking adventure and lunch on a mountain top. Then continue hiking or be flown back to the lodge for an invigorating and inspiring yoga class. Today's longer class will bring you to a place of stillness with a guided Yoga Nidra, the state of dynamic sleep where you will find the threshold state between sleep and wakefulness, contact with the subconscious and unconscious. Feeling refreshed, raid the "Tickle Trunk" for dress up night and get glammed for cocktails, another 5 star dinner, and the Bodacious Party Night! **(B, L, D)**

**NOTE: - 3:00 PM Yoga and Yoga Nidra  
6:30 PM Bodacious cocktails  
7:00 PM Dinner**

#### **July 12, 2010: BUGABOOS TO BANFF**

Awaken to the aroma of fresh baked bread. Your final breakfast will be filled with limitless coffee and conversation with all your new soul-mates. Pack your bags because the helicopter is waiting to take you back to civilization: refreshed, invigorated, renewed and reconnected.

**(B, L)**