



Questions Asked, Questions Answered.

Where's it happening?

The Feathered Pipe Ranch – that's 110 acres of Rocky Mountain heaven located on the outskirts of Helena, Montana and surrounded by millions of acres of wild national forest.

When is it happening?

16-23 July 2022 – this is a **Saturday arrival** and a **Saturday departure** retreat. Please plan to arrive no later than 5pm on Saturday, 16 July and to depart the Ranch on Saturday morning, 23 July. There will be no class or programming on departure day, Saturday 23 July. We strongly suggest that you consider flying in a day early to Helena if you can. You might consider enjoying an overnight on Friday in beautiful downtown Helena. The Ranch will pick you up at your hotel on Saturday. On departure day, we request that our guests depart their lodging by 9am to give our staff sufficient time to prepare for incoming guests.

What is “Feathered Pipe”?

The Feathered Pipe **Foundation** is an IRS-registered educational nonprofit hosting programs around the world, most of which take place at the Feathered Pipe **Ranch**. The Ranch has operated as a dedicated retreat center for 46 years and was named America's #1 retreat center by Yoga Journal, the top retreat destination by AARP, and among the world's top yoga retreats by Conde Nast Traveler.

What is The Mindful Unplug Experience?

It's a homegrown Feathered Pipe retreat applying thousands of years of yogic and other conscious living, contemplative, and mindfulness wisdom. Its goal is to demystify and share practical mindfulness tools and techniques to stay healthy and grounded in our over-busy and digitally saturated lives. 2022 marks the sixth running of this flagship Feathered Pipe program.

Is this a “digital detox” retreat?

No, but people who come report that they leave able to step back into the world of noise and technology more grounded, more conscious, and more well equipped for a commitment to sustaining their health. It's all about inspiration for applying our hearts and intelligence to the common good.

Are you going to make me to surrender my digital devices?

No, we won't. That's not our style! However, we will **strongly encourage** you to take advantage of the stunning natural beauty and opportunities to connect with nature, people, and yourself at the Ranch. It's healthy to take an extended break from online life! We will also encourage you to resist the temptation to extensively chronicle your week on social media while you're at the Ranch. **Bear in mind that staying off your device while you're at the retreat can help inspire others to do the same.** We want everyone to get the most out of this opportunity to truly unplug and focus attention off the screen and on to the sumptuous nature all around us at

theRanch. We suggest that before you reach for your device, you pause and consider whether it's truly necessary — and if there might not be another real-life offline experience for you to enjoy instead.

What's it like to be there?

It's easy. And it's casual. And it's over-the-top relaxing. Feathered Pipe Ranch runs only one program at a time, so the setting for this program provides an intimacy that's often missing at other retreat locales. Because it's so spacious, too, there is ample room for stretching out and claiming all the solitude you like.

Are there hiking trails near the Ranch?

Yes. The Ranch's surrounding forest has numerous, well-marked trails for you to explore hidden, highland wildflower meadows, mountain tops where Montana's Big Sky can be appreciated in full grandeur, as well as scenic views of the Ranch from above. And for those more adventurous and adept in backwoods hiking, the trails branch out into the surrounding national forest. Hikers have been known to stumble on long-forgotten mining trails, remnants of abandoned homesteads, and gurgling mountain brooks. You can find Feathered Pipe trail maps [here](#).

What's the lodging like?

It's charming. And it offers the finest of Western hospitality and rustic comfort. There are indoor and outdoor lodging choices, as well as shared and private options. If you're into staying outdoors, there are yurts, tipis, and tents tucked into the woods. If you prefer indoor lodging, there are lovely rooms scattered around the Ranch in several beautiful structures. Guests who stay in outdoor lodging can access toilets and showers at our bathhouse (which also has a hot tub and sauna).

What's the food like?

It's sublime. Some of the most effusive and consistent praise we get from our guests is about the quality and creativity of our fare. Feathered Pipe's specialty is delicious, wholesome, natural food using recipes from all over the globe, sourced locally whenever possible. Special dietary needs or restrictions are happily accommodated. And yes, there's coffee.

What's the weather like?

July is usually *heaven* in Montana. Daytime temperatures are generally pleasant, comfortable, and warm (and not humid!) averaging around 79 degrees during the daytime and around 50 degrees after nightfall.

Is there massage and bodywork available there?

Yes. Professional massage and bodywork are available during the week. The cost of bodywork is not included in the program fee.

Where do I fly to get there?

We recommend the Helena Regional Airport for those coming to retreats and programs at the Feathered Pipe Ranch. Direct flights into Helena currently originate in Salt Lake City, UT (Delta Airlines), Denver, CO (United Airlines), Minneapolis (Delta Airlines), and Seattle (Alaska

Airlines). We provide complementary shuttle service to and from the Helena airport, which is about 13 miles (just under a half an hour's drive) from the Ranch.

What if I have other questions?

Visit the Feathered Pipe website – featheredpipe.com. Also, please feel free to email **any** questions about the Mindful Unplug program to emcee/den mother [Anne](#). She'd love to hear from you.

Browse more FAQs about the Ranch, read some suggestions on what to pack, and learn about other Feathered Pipe logistics [here](#).

