

the mindful nplug.



Questions Asked, Questions Answered.

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Where's it happening?

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

When is it happening (arrival time and departure)?

13-20 July 2024—this is a **Saturday arrival** and a **Saturday departure** retreat. Please plan to arrive at the Ranch **no later than 5pm** on Saturday, 13 July and to depart the Ranch on Saturday morning, 20 July. There will be no class or programming on departure day, Saturday 20 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 downtown Helena. The Ranch provides free transportation from your hotel on Saturday morning or early afternoon and you will be able to access your lodging by 3pm on arrival day. On departure day, guests must depart their lodging by 9am to give our staff sufficient time to prepare for the next retreat's 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 47 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 Condé Nast Traveler.

What is The Mindful Unplug Experience?

It's a homegrown, weeklong nature-focused mindfulness retreat at the Feathered Pipe Ranch. It offers a chance to reflect on the grace of nature through daily breath-centered yoga and mindful movement sessions, accessible meditation, lightly guided forest immersion, music and dance, contemplative practices, and life inquiry. The week is guided by talented and experienced practitioners in the fields of yoga and mindful movement, nature immersion, mindfulness meditation, sensory awareness, and rhythm and song. 2024 marks the eighth running of this flagship Feathered Pipe program.



What's it like to be there?

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

What is the physical activity and movement component of the Unplug like?

The morning yoga/mindful movement practices at the Unplug—held on our beautiful new outdoor Nature Deck—are about experimenting with what it's like to listen for guidance from within, informed by intelligent, **breath-centered** alignment that adapts to each student's unique requirements. Movement

classes tend very much to the gentle, slower-paced end of the spectrum and are not vigorous physical workouts. Classes begin with a quiet centering/meditation. Most sessions are a combination of relaxed, dynamic movement alongside static postures with breath as the primary teacher. The movement sessions favor the discovery of your own practice over successful imitation of anyone else's.

In 2024, if there is interest, we will look to have one or more "bring your own yoga" freeform practice sessions. Once a mainstay of yoga retreats led by our dear friend Erich Schiffmann, these sessions set you free to do your own practice, inspired by others, and often with an inspiring playlist as our soundtrack.



Do I have to surrender my digital devices? Is this a 'digital detox'?

No, we won't make you surrender your devices. 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. While this is not a "digital detox" retreat, attendees report that they leave able to step back into the world of noise and technology more grounded and more conscious.

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 refocus attention off the screen and on to the sumptuous nature all around us at the Ranch. We suggest that before you reach for your device, you pause and consider whether it's truly necessary, and whether there might be another real-life, nondigital experience to enjoy instead.

Are there hiking trails at and near the Ranch?

Yes. The Ranch's surrounding forest has numerous, well-marked trails for you to explore hidden, highland wildflower meadows, Big Sky mountain tops, and scenic views of the Ranch from high above. For those more adventurous and adept in backwoods hiking, the trails branch out into the surrounding national forest. You can find Feathered Pipe trail maps [here](#).

What's the lodging like?

It's charming. And it offers the finest in Western hospitality and rustic comfort. There are **indoor and outdoor lodging choices**, combining 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 in several beautiful structures. Guests choosing outdoor lodging have access to toilets and showers at our bathhouse, which also has a hot tub and sauna that's available for all our guests.

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, with a strong emphasis on local sourcing of ingredients. 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 more questions?

Visit the Feathered Pipe website - featheredpipe.com. 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, retreats in general, suggestions on what to pack, and learn about other Feathered Pipe logistics [here](#).

Photos: Zane Williams Photography