



RETREAT INFORMATION:

Hustle & Flow is all about connecting. We connect authentically with other women, sharing our energies and our gifts, creating community and networking. We connect deeply with ourselves through movement and through stillness, through introspection and through creativity.

GETTING THERE FROM DENVER:

The link to get from DIA to Joyful Journey is below. It's about a 3.5 hour drive. Use the Facebook group or email to arrange your own airport pick ups, car rentals, and carpools. Also, divide travel expenses among the passengers in each vehicle. We also hope that you make the most of the beautiful drive and begin getting to know one another and setting your intentions for the weekend as you travel!!

DIRECTIONS:

<http://www.joyfuljourneyhotsprings.com/map.htm>

UPON ARRIVAL:

Follow signs to the office, and give your name to the person at the front desk. They will have the master list of room assignments and give you your key. Once you check in, you have access to the hot springs—enjoy them--they are really special!

This link will tell you all about the spring water that feeds the pools at Joyful Journey: <http://www.joyfuljourneyhotsprings.com/pools.htm>

Feel free to soak in the pools, go for a hike, or explore Crestone (see below for more information), if you get there before 4 PM and you are waiting for your room.

WHOLE GROUP GATHERING:

The only time we ask everyone to gather all together, is after dinner for introductions and retreat orientation on Friday night at 6pm. Dinner will be provided at 5:30pm. After that gathering, we encourage you to create the experience that will best nourish your spirit. Also, we ask that you gather for the Closing Gathering on Sunday at 9:15am.

CHECK OUT:

Check out is at 11am on Sunday. Leave your key at the front desk. You are welcome to stay and soak as long as you wish.



PACKING LIST:

May weather in Colorado can be pretty unpredictable, especially in the high mountain desert. High temperatures in the area average between upper 50's to the low 70's. Low temperatures can sneak down into the 30's at night. Here's a basic packing list to help make sure you are as comfortable as possible.

- Potluck food and/or beverage contribution
- Swimwear: Joyful Journeys is not clothing optional. Swimsuits must be worn in the pools.
- Pool shoes/flip-flops/sandals for shower/pool deck
- Sun hat/sunglasses/sunscreen/Lightweight long-sleeves
- Lighter spring layers: lightweight pants, capris, skirt, t-shirts, tank-tops--whatever's comfortable
- Warm layers: fleece is great, jeans/pants/leggings, heavier long-sleeve, sweater/hoodie--whatever's comfortable, especially for nighttime
- PJs/Long Johns/ Other warm, comfy sleeping clothes, especially in the yurts
- Warm hat, mittens/gloves, socks, warm coat/jacket in addition to fleece
- Closed-shoes: something besides sandals that you could wear with socks--what you could wear around a campfire at night if it's chilly or hike/walk in comfortably
- Raincoat or poncho, just in case.
- Plastic water bottle: Glass is not permitted in the hot springs area.
- Unmentionable Toiletries
- Flashlight or headlamp
- Camera
- Journal or notepad, if you are planning on taking notes or journaling.
- Workshop-specific clothes: yoga, dance, Zumba all work with similar types of active-wear. Zumba requires decent athletic shoes. Bring a yoga mat and block if you have them and plan to practice yoga. There will be extra mats to borrow.
- Specific art supplies/materials you've collected for workshops in which you plan to participate

Layering is key.

So is **sun protection** (hats, sunscreen, sunglasses, lightweight long-sleeves---whatever your preference).

Robes and **towels** are provided.

HIGH ALTITUDE TIPS:

Joyful Journey & Crestone perch at 8000 feet above sea level. For those of your coming from sea level, this is serious business. Acute mountain sickness is the most common form of altitude illness. It affects 25% of all visitors sleeping above 8,000 ft (2,500 m) in Colorado. Here are some tips to keep yourself comfortable while you are in Colorado:



Drink so much water: before you arrive and while you are here, drink twice as much water as you normally would. It's the #1 way to help your body adjust to the high altitude and incredibly low humidity. Also, hot springs themselves are dehydrating, so drink water early and often.

Monitor your alcohol consumption: go easy on the cocktails. Alcohol packs more of a punch, so be very careful about the amount of alcoholic beverages you consume while you're here.

Watch your physical activity: The effects of exercise are also intensified here. Take it easy and pay attention to what your body is telling you.

Pack for the sun and dry air: With increasing altitude less atmosphere is available to absorb UV radiation. With every 1000 m in altitude, UV levels increase by approximately 10 per cent. Pack your sun protection of choice: sunglasses, sunscreen, lip balm, hats, and long sleeves. Don't forget lotion and a water bottle. Note that no glass is allowed in the hot springs area.

For more information on altitude sickness and acute mountain sickness, go to: <http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-2-the-pretravel-consultation/altitude-illness>

On Marijuana: To Toke, or Not to Toke?!

Pot is legal in Colorado now. Edibles are super available in Colorado. Ingesting marijuana is stronger, takes longer to go into effect, and produces longer lasting effects than smoking it. Remember to start low, go slow, and talk with a buddy about what you're doing.

Joyful Journey is a non-smoking facility, so there won't be smoking in the conference center. (We will designate a particular spot for the smoking of pot.)

Of course, lots of us won't be using marijuana or drinking alcohol. This isn't a cannabis retreat. We do want to be open and informative about Colorado's unique place in the history of decriminalization, so that everyone feels safe and comfortable.

Two great resources about the laws in the Colorado and information about consuming edibles:

<http://goodtoknowcolorado.com/>

<http://www.consumerresponsibly.org/limit/>

YURT LIVING:

The yurts can get a little chilly at night, but do have heat and warm blankets--if you're staying in a yurt, do yourself a favor and bring a **warm stocking hat and warm socks**, just in case! Also, you may want to bring a **flashlight!**