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For Immediate Release

Get Away To Get Well

Zion National Park, Utah – January 2014 - In 2014 Utah's Zion Ponderosa Ranch Resort is offering two exclusive week-long opportunities to build whole-body wellness. The first wellness retreat is slated for May 4 – 10, and offers a daily physical schedule that includes options for hiking, zumba, aquatics, yoga, and pilates. Informative seminars and outdoor adventures will round out this unique experience.

The “getaway” is often touted as a method for stepping aside from personal issues and cares, and in essence walking away from your current environment, to distance yourself from everyday challenges. This act of physically moving to a new locale is step one, and step two is to move yourself mentally and emotionally.

A natural setting is perhaps the best possible place to get away when seeking greater personal wellness, and few places are more natural than a National Park. With 4,000 acres of private property Zion Ponderosa Ranch Resort sits on a forested plateau at the top of Utah's Zion National Park, literally bordering the park boundary. This private location is definitely high on the natural setting list and offers a prime foundation from which to build personal wellness.

“Wellness is greatly enhanced when the physical, mental, and emotional aspects of life can each be effectively addressed,” says Wellness Retreat Director Mandy Woodhouse. “Our week-long itinerary provides a well-rounded approach offering clean fresh air in a wonderful mountain setting, excellent instruction, physical activities, and a serene environment for personal introspection.”

These week-long experiences are limited to a small groups so that wellness retreat leaders and instructors can focus on specific needs of each individual. Participants will have time to explore Zion National Park and other nearby attractions, plus enjoy evening campfires, star-gazing, and other entertaining opportunities. “Our guest will have the opportunity for active participation in activities or processes that will build greater physical and inner strength and provide the foundation to better manage life,” says Woodhouse.

This all-inclusive experience comes with fine lodging, healthy dining, and days full of activities.

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