



**Indulge all your senses at this retreat in a mountain canyon.**

**OCTOBER 10 – 14, 2019**

**OCTOBER 10, 2019 – Day of Arrival**

**Check in to the Retreat at the Colorado Mountain House at 6 PM.**

There are many options to enjoy scenic Colorado Springs if you arrive several hours before the retreat begins. Downtown Colorado Springs offers wonderful shopping, restaurants, and the internationally acclaimed Fine Arts Center. For an outdoor adventure, visit the Garden of the Gods, Rock Rock Canyon Open Space, or tour the Olympic Training Center. Consider visiting nearby Manitou Springs to enjoy a body treatment, and natural hot springs soak at Sunwater Spa, walk the quaint streets of this historic town, and then dine at a local restaurant. Even better, consider arriving a day early to help acclimate to the altitude and ease into the relaxed nurturing pace of the retreat.

*Let us know your plans, and we can help recommend hotels such as the Cliff House in Manitou and other wonderful locations, depending on your interests.*

**GETTING HERE:**

Fly to the airport of your choice.

Then, depending on your arrival location arrange for a shuttle from DIA; from Colorado Springs arrange for a shuttle, call a taxi, or schedule Lyft or Uber to transport you to downtown Colorado Springs, Manitou Springs and finally, the Mountain House. Parking at the house is very limited. A rental car is not advised.

*(Ride-sharing may be available. If you're interested, please contact Michelle as soon as you book your flight to help connect you with other guests who may be interested in sharing a ride to the house.)*

Colorado Springs Municipal Airport	Denver International Airport
<b>Drive times to the Mountain House:</b>	
13 miles, 25 minutes	90 miles, 1.5 hours
Uber, Lyft or Taxi recommended.	Please research the best available option for your needs. Both door-to-door shuttle service and delivery to local major hotels are available. Choosing the 2 <sup>nd</sup> option, you would then need to arrange transportation to the house via Lyft or Uber. Shuttle availability changes frequently. Call before you travel to ensure it's available.

## RETREAT SCHEDULE (subject to change):

### Sunday - Day of Arrival – October 10, 2019

Check in to the retreat is 6 PM. PLEASE – no early arrivals!

6:00 PM - 8:00 pm – Free Time

- Enjoy snacks, get settled in your room, enjoy the retreat house, and get to know your mastermind partners!

8:00 PM - Quantum Business Mastermind Welcome

- What you can look forward to over the next few days
  - Set intentions
  - Setting the stage for tomorrow
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### Monday – October 11, 2019

7:00 AM - 09:00 AM – Free time and chef-prepared breakfast

9:00 AM - 12:00 PM – Who Are You?

12:00 PM – 2:00 PM – Lunch and Free time

2:00 PM – 5:00 PM – Part Two: Who Are You and Your Big Why

5:00 PM – 6:00 PM – Free time

6:00 PM – 7:30 PM - Dinner

7:30 PM - 9:00 PM – Creative Expression

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### Tuesday – October 12, 2019

7:00 AM - 09:00 AM – Free time and chef-prepared breakfast

9:00 AM - 12:00 PM – Your Business Mission

12:00 PM – 2:00 PM – Lunch and Free time

2:00 PM – 5:00 PM – Mastermind

5:00 PM – 6:00 PM – Free Time

6:00 PM – 7:30 PM - Dinner

7:30 PM - 9:00 PM – Creative Expression

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### Wednesday – Final Day – October 13, 2019

7:00 AM - 08:00 AM – Free time and chef-prepared breakfast

8:00 AM - 10:00 AM – Create Your Project To-Do List

10:00 AM – 11:00 AM – Intentions and Takeaways, Closing, and Checkout

11:00 – Departure home or to Optional Spa Day at Sunwater Spa in Manitou Springs (participation at your expense – more information about Spa amenities and costs here: [Sunwater Spa](#)). Transportation will be provided to the Spa location. You must arrange your own transportation to the airport or to another accommodation, if you're staying extra time in Colorado Springs AND are not attending the Spa event.

### About Altitude Sickness

Elevation at Colorado Spring is 6,035'. Altitude sickness can be a real health issue that people don't recognize.

Here are common symptoms:

Headaches ❁ Dizziness ❁ Loss of appetite ❁ Nausea/vomiting ❁ Fatigue/loss of energy ❁ Insomnia

To help counter the effects of altitude sickness:

- Hydrate before, and especially during your visit. This is the BEST remedy. Start BEFORE you arrive!
- The 3 S's: Slow down, Seek shade and Stay cool.
- Increase potassium-rich foods (broccoli, bananas, avocado, cantaloupe, celery, greens, bran, chocolate, granola, dates, dried fruit, potatoes, and tomatoes).
- Decrease salt.
- Eat complex carbs.
- If all else fails, take aspirin or ibuprofen, or a mild pain reliever of your choice.