ACTIVE BY NATURE

MAY 31ST – JUNE 2ND 2019

EVENT BASE CAMP:

THE RIDGELINE HOTEL

ESTES PARK, CO

WELLDERNESS™

ACTIVE BY NATURE

AT THE RIDGELINE HOTEL

Join us at The Ridgeline Hotel for the inaugural Wellderness™.

A weekend of fitness, fun, and learning. Weekend activities include:

- 10k Trail Run
- Health Expo
- Yoga
- Wellness Seminars
- Blues & Brews Post Party
- And more!

Featured Speakers & Panelists

Jeremy Bloom
World Champion & Entrepreneur

Juli Rathke
Founder/Publisher of YOGA+Life™ Magazine

Jenni Nettik
Head running coach and owner of Mercuria Running

Josh Clark
Strength and conditioning coach at LoHi Athletic Club

Nate Ewert
Massage therapist & energy healer

Lara Canham
Physical therapist at Cascade Sports Injury Prevention

Brittany Charboneau
Elite marathoner and comedian

Amanda Turner
Sports Dietitian at Active Fueling

epnews.com

colorado CO YOGA+life magazine

Rocky Mountain Conservancy

GNARLY
WANT MORE. DO MORE. BE MORE.

ESTES PARK MOUNTAIN SHOP

FOR MORE INFORMATION OR TO REGISTER, LOG ON TO WWW.WELLDERNESS.COM