



Ghost Ranch Nature Getaway

G26080407

With Laurie Magoon

August 28-30, 2026

Greetings from New Mexico,

Thank you for registering for the upcoming Ghost Ranch Nature Getaway. I look forward to meeting you and co-creating a meaningful and fun-filled week. During our time together we will take easy hikes, nature walks, and gentle movement – tailored for everyBODY. I believe we will enjoy deep and lighthearted conversations. Group connection and laughter included!

Our schedule and meeting space will be confirmed upon arrival at registration.

Here are the details for Friday.

Check In: 3:00 – 5:00 pm – Welcome Center

Dinner: 5:30 – 6:30 pm – Dining Hall

Orientation: 6:30 pm

Program: 6:45 pm Evening Stroll

WHAT TO BRING:

- Casual wear, rain gear, layers for hiking and movement.
- Sturdy hiking boots and sneakers
- Water bottle, sunscreen, hat, backpack, sunglasses
- An umbrella if needed walking/hiking in the heat.
- Flashlight, headlamp
- An open mind and heart

WEATHER may be chilly in the morning and will be HOT by 10:00 am – layers are recommended.

Please email me connectwlaurie@gmail.com directly with the following:

- Confirm any dietary needs and/or food allergies.
- Please share any health concerns I should be aware of
- Let me know what you are looking forward to in this program.
- Please share a song or band that you like.

Stay Amazing,

Laurie Magoon

Workshop Itinerary:

Friday

3:00–5:00 pm – Check-in at Headquarters

5:30–6:30 pm – Dinner

6:45–8:30 pm – Evening Stroll

Saturday

7:30– 8:30 am – Breakfast

9:00 am – 12 noon – Hike and Stretch

12 noon – 1:00 pm – Lunch

1:30–5:00 pm – Labyrinth Walk and Relaxation

5:30–6:30 pm – Dinner

7:00-9:00pm – Campfire (wind and weather dependent)

Sunday

7:30-8:30 am Breakfast

9:00-10:00 am – Participants Choice

10:00 am Check out