



## Family Wellness Weekend 2009

### **Friday**

- 5pm-6pm – Welcome and introductions
  - Meet at Open Sky Office
- 6pm-8pm– Dinner with Open Sky Staff

### **Saturday**

*Please note: there will not be time during the day to stop at the hotel to change clothes, etc. Please bring anything you might need/want for the day to the beginning of that day's activities.*

- Wear comfortable clothes for yoga and bring sturdy walking shoes, water bottle, extra layer of clothes for the afternoon hike
- 9am – Meet at Smiley Building – 3<sup>rd</sup> floor
  - 1309 East 3<sup>rd</sup> Avenue (corner of 3<sup>rd</sup> Avenue and 13<sup>th</sup> Street)
- 9am – 10:15am – Yoga
- 10:15am – 11:30am – Mind, Body, Heart, Soul Check-in
- 11:30am – Return to Open Sky Office
- 11:45am – 1pm – Food Preparation and Nutrition Q&A
- 1pm – 1:45pm – Eat Lunch
- 2pm – 6pm – Short Hike and Family Stories
  - We will caravan from the OS office to trailhead

### **Sunday**

- 9am – 10am Meditation
  - Meet at Amaya Spa - 230 E. College Drive (corner of College and 2<sup>nd</sup> Avenue)
  - Bring bathing suit
- 10am – 11:30am – Wellness Plan review and Q&A while soaking in hot tubs

*\* Please note – these times are approximate and will fluctuate slightly throughout the weekend to accommodate needs as they arise.*

#### *Phone Numbers:*

Nicola's Cell Phone: 970-759-1293  
Norman's Cell Phone: 970-759-5526  
Open Sky Office: 970-382-8181  
Amaya Spa: 970-247-3939

## DRIVING DIRECTIONS

**START: DURANGO, CO AIRPORT**

**END: OPEN SKY WILDERNESS OFFICE**

**Total Est. Time:** 20 minutes **Total Est. Distance:** 12.4 miles

	Distance
1: Start out going NORTH on AIRPORT RD / CR-309 toward CR-309A.	1.1 miles
2: Turn LEFT onto CO-172.	5.6 miles
3: Turn LEFT onto US-160 West.	2.8 miles
4: Stay STRAIGHT at Junction where US-160 West merges with US-550 North / CAMINO DEL RIO.	0.7 miles
5: Look for HOME DEPOT on left. Turn LEFT at light onto RIVER ROAD.	<.2 miles
6: Go STRAIGHT at stop sign.	1.0 miles
7: Look for ANIMAS AIRPARK (green/white sign on right). Turn RIGHT at sign onto AIRPARK ROAD.	0.6 miles
8: Go to top of hill. Turn LEFT at T- Intersection onto S. SKYLANE DRIVE.	0.4 miles
9: follow road, after stop sign, look for white fence. At the end of the white fence turn left into 466 South Sky Lane. Across street from WESODI and next to Stoneage.	

**START: DOWNTOWN (STRATER HOTEL) DURANGO**

**END: OPEN SKY WILDERNESS OFFICE**

**Total Est. Time:** 10 minutes **Total Est. Distance:** 5.8 miles

	Distance
1: Start out going RIGHT on MAIN AVENUE (toward Train Station).	<.1 miles
2: Turn RIGHT onto COLLEGE DR / 6TH ST.	<.1 miles
3: Turn LEFT at traffic light onto CAMINO DEL RIO / US -550 South	<.1 miles
4: Stay STRAIGHT on US-550 South (toward Pagosa Springs) / US-160 East and CAMINO DEL RIO	3.4 miles
5: Look for HOME DEPOT on right. Turn RIGHT at light onto RIVER ROAD.	<.2 miles
6: Go STRAIGHT at stop sign.	1.0 miles
7: Look for ANIMAS AIRPARK (green/white sign on right). Turn RIGHT at sign onto AIRPARK ROAD.	0.6 miles
8: Go to top of hill. Turn LEFT at T- Intersection onto S. SKYLANE DRIVE.	0.4 miles
9: follow road, after stop sign, look for white fence. At the end of the white fence turn left into 466 South Sky Lane. Open Sky is located across the street from WESODI and next to Stoneage tools.	

**Start: Open Sky Office**

**End: Horse Gulch Trailhead**

1. Take Right out of Open Sky parking lot – go 0.2 miles
2. Take Right onto Airpark Drive – go downhill to stop sign
3. Turn Left onto CR-213/La Posta Rd. – go straight at stop sign to light
4. Turn Left at light onto S. Camino del Rio/US-160/US-550 – go 0.9 miles
5. Turn Right onto CO-3 – go 2.1 miles
6. CO-3 becomes E 8<sup>th</sup> Avenue – at 3<sup>rd</sup> Street, take Right and park car (turn is right *after* the Sonic Burger)

**Start: DOWNTOWN (STRATER HOTEL) DURANGO**

**End: Smiley Building – 3<sup>rd</sup> Floor – 4 Corners Yoga**

1. Start out going NORTH on MAIN AVE toward E 8TH ST. 0.5 miles
- 2: Turn RIGHT onto E 14TH ST. 0.1 miles
- 3: Turn RIGHT onto E 3RD AVE. <0.1 miles
- 4: End at **1309 E 3rd Ave**  
Durango, CO 81301-5255, US

**Start: DOWNTOWN (STRATER HOTEL) DURANGO**

**End: Amaya Spa (970-247-3939)**

**Directions**

- 1: Start out going SOUTH on MAIN AVE toward W 7TH ST. <0.1 miles
- 2: Turn LEFT onto E COLLEGE DR / COLLEGE AVE / E 6TH ST. <0.1 miles
- 3: End at **230 E College Dr**