

BOULDER ROCKY MOUNTAIN RETREAT

APRIL 23–26, 2026

COMFORT ZONE RETREATS





WELCOME!

We are so grateful to have you join us for this Comfort Zone Retreat adventure to Boulder Rocky Mountain!

In this packet, you'll find info on all of the following :

Key Details

Connect With Your Fellow Retreaters

General Itinerary

Meet Your Facilitators

Packing List

Etiquette & Guidelines

Prep Protocol To Prepare Your Mind and Body

Journal Prompts

Podcast Recommendations

See you soon!

Ellie & The Comfort Zone Team



THE BOULDER ROCKY MOUNTAIN RETREAT

A 4-DAY IMMERSIVE RESET EXPERIENCE DESIGNED TO STRENGTHEN,
CHALLENGE, AND RESTORE YOU IN THE COLORADO MOUNTAINS.



Scenic Rocky Mountain hikes



Daily yoga + breathwork and meditation



Somatic breathwork & Sound Healing Experiences



Growth-focused workshop



Nourishing meals



Community & Connection

Expect moderate hiking
Elevation gain
Cool mornings
Warm afternoons
Expansive mountain views.

01 KEY DETAILS

LOCATION & TRAVEL

RETREAT PROPERTY ADDRESS :

CHECK-IN IS HERE

8424 North Foothills Highway
Boulder, CO 80302

ARRIVAL

Thursday, April 23

Check-in to our retreat location in Boulder, CO is between 2:30–3:30 PM.

Please arrive to the retreat no later than 3:30PM

DEPARTURE

Sunday, April 26

Retreat concludes at 12:00PM on Sunday.

AIRPORT INFORMATION

CLOSEST AIRPORT

Denver International Airport (DEN)

SUNDAY OPTIONAL GROUP DEPARTURE RIDE

Boulder Departure on Sunday at 12:00 PM
to arrive at Denver Airport at 1:00 PM

Thursday Optional Group Airport Pick UP

Optional Group Pickup at 1:30PM
from Denver International Airport

The group pick-up add-on costs:
\$35 one-way
\$70 round trip



02 CONNECT WITH YOUR TRIBE

Who looks inside awakens

STEP 1 :

JOIN OUR [PRIVATE RETREAT WHATSAPP GROUP](#)

You will start communicating in our private Boulder Retreat Whatsapp Group on April 9 to connect with fellow retreaters, ask questions, receive support etc.

STEP 2: INTRODUCE YOURSELF!

Once the WhatsApp Group kicks off April 9,
We will ask you to Introduce Yourself!

- Name + A little about yourself
 - What are some of your intentions for this retreat?
 - What are you most looking forward to?
-

STEP 3: CONNECT & Q&A

This is your private retreat chat to connect with eachother,
Feel free to ask any questions, share any pre-retreat jitters, preparation ideas, or inspirations you have

03 MEET YOUR FACILITATORS



**CHRISTOPHER
LINKENBACH**

Lead Facilitator
Licensed Therapist
& Outdoor Enthusiast



ELLIE ROME

Head Facilitator
Certified Yoga
& Breathwork Practitioner



ANNIE BOSCO

Lead Facilitator
Sound Healer & Musician



PETER LIN

Retreat Facilitator
Certified Wim Hof Instructor
& Yoga Teacher



SHANNON MAKAILA

Retreat Facilitator
Yoga Teacher
& Outdoor Enthusiast



HANNAH & BRE

Holistic Chefs
Functional Nutrition

04 BOULDER PACKING GUIDE

CLOTHING

- Activewear for hiking
- Yoga clothes
- Comfortable lounge clothes
- Sleep wear
- Warm layers (essential)
- Long-sleeve base layers
- Fleece or mid-layer
- Lightweight puffer jacket
- Windproof shell
- Beanie/Warm Hat
- Gloves
- Cozy sweatshirt
- Swimsuit (if using hot tub/cold exposure)
- Light hiking pants or leggings
- Sun hat or baseball cap
- Wool hiking socks
- Microspikes / Traction Cleats (Recommended)
Small traction devices that attach to the bottom of your hiking or trail shoes to provide extra grip on snow or icy trails. While conditions are often clear, early spring in Rocky Mountain National Park can still bring patches of snow or ice. These are lightweight and easy to slip on and off your shoes. You can find affordable options on Amazon for around \$20.

OPTIONAL EXTRAS

- Lightweight buff / neck gaiter
- Gloves (optional but helpful for early hikes)

WEATHER NOTE :

MORNINGS CAN BE 35-50°F

Afternoons can warm to 60-75°F

Mountain weather can change quickly, so layering is key!

DAY PACK ESSENTIALS

- Small backpack / day pack
- 40+ oz reusable water bottle
- Optional hiking poles
- Sunglasses
- Sunscreen
- Lip balm with SPF
- Lightweight rain shell
- Driver's license or ID

FOOTWEAR

- Broken-in hiking boots or trail runners (required)
- Rocky Mountain trails can be rocky or muddy in spring - make sure you bring shoes with really good tread

TOILETRIES/SELF-CARE

- Toothbrush + toothpaste
- Basic toiletries
- Deodorant
- Hair supplies
- Medications / supplements
- Electrolytes (optional)
- Period products
- Contacts + solution (if needed)
- Lip balm (highly recommended at altitude)
- Moisturizer (dry mountain air)

Instead of Wristwatch (since we will be phone-free during group activities)

05 ETIQUETTE & GUIDELINES



This weekend is about deep connection—within ourselves, with nature, and with each other. To create a safe, intentional, and transformational space, we ask everyone to honor the following guidelines :



Respect Each Other

We are a community for the weekend—brothers and sisters on the path. Treat each other with kindness, compassion, and non-judgment. Others may reflect parts of ourselves back to us. This is part of the growth. Let's practice open-heartedness, presence, and patience as we learn with—and from—one another.



Respect the Land

We are guests on this sacred land. Please be mindful of your impact: tread lightly, avoid disturbing plants and wildlife, and always follow Leave No Trace principles. Let's leave this place better than we found it.



Follow the Diets on Retreat

We'll be providing delicious, nourishing meals and snacks throughout the weekend to support physical and energetic reset. Please avoid bringing outside food, especially processed or sugary snacks. You'll find approved snack ideas on the Packing List!



No Drugs or Alcohol

This weekend is about tuning into our natural state and tapping into our internal chemistry. Please refrain from all drugs, alcohol, cannabis, vapes, and other psychoactive substances.



Unplug to Plug In

Phones will be collected at check-in to support presence and reduce distractions. If you need to check your phone for family, pets, or emergencies, that's totally okay—just check in with us and we'll make space for it. The goal is to give yourself the gift of presence and peace from the outside world.



Honor Boundaries

To maintain a safe, open environment for all, we ask that you refrain from nudity, sexual conduct, or romantic advances. This is a space for deep inner connection and healing. Let this weekend be a time for you to fully focus on yourself.

Quiet the mind and the soul will speak

06 NOURISH TO THRIVE: 10-DAY PREP

PRE-RETREAT NUTRITION RECOMMENDATIONS

Please Note - This is a flexible guide to help you feel your best on this retreat —not a rulebook.

- If you have specific dietary needs, sensitivities, or personal preferences, please honor what works best for you.
- If possible, ease into these guidelines ~10 days before the retreat to give your system time to reset. But above all—listen to your body.

The Mind-Body Connection

How we nourish ourselves directly impacts how we think, feel, and show up. Choosing nutritious, low inflammatory foods can help you **feel more emotionally balanced, mentally clear, and physically energized** for the journey ahead.

In general, we are looking to **reduce inflammatory, highly-processed foods, refined sugar, gluten, and seed oils.**

“Quite literally, your gut is the epicenter of your mental and physical health. If you want **better immunity**, efficient digestion, improved clarity and balance, **[improved mood and energy]**, focus on **rebuilding your gut health**”

Some examples :

- **Proteins** : Grass-fed meat, pasture-raised poultry an eggs, wild-caught fish, bone broth, and organ meats (if you enjoy them)
- **Fruits & Veggies** : Organic produce that you tolerate well
- **Healthy Fats** : Avocados, olive oil, coconut oil, ghee, sprouted nuts & seeds, olives
- **Sweets** : Dark chocolate (70%+), honey, maple syrup, monk fruit, stevia

Sample Day of Nourishment

- Morning : Scrambled eggs + sautéed greens in olive oil
- Lunch : pan seared chicken, roasted sweet potato, arugula or spinach, avocado, and drizzle of olive oil + lemon or balsamic.
- Afternoon Snack : RX Bar or organic apple slices with cashew butter
- Dinner : Grass-fed Burger patty or Grilled fish, air fryer potato/sweet potato, sautéed squash and zucchini

Reduce or Avoid (if possible) :

To support mental clarity and reduce inflammation, consider limiting or crowding out...

- Refined sugar and flour
- Processed seed oils (canola, soybean/vegetable oil, corn oil, etc.)
- Fried or ultra-processed foods
- Artificial sweeteners (aspartame, sucralose, etc.)
- Gluten, Wheat, highly processed grains
- Foods that make you feel sluggish/bloated/tired after eating

07

PREPARING YOUR PHYSICAL BODY FOR HIKING & TRAVEL

1. Moderate hiking with elevation
2. Begin walking regularly 3–4 weeks prior
3. Light/moderate strength training recommended
4. Hydrate well before arrival! Electrolytes and lots of water
5. Break in hiking shoes or trail shoes in advance
6. If coming from sea level, note elevation adjustment



08 JOURNAL PROMPTS



To help you prepare for the retreat, you are invited to complete these journal prompts before you arrive.

What are five things I couldn't do five years ago that I can now? Where have I surprised myself with growth?

What are five things I hope to do, be, or embody five years from now that feel out of reach today?

What are my core values—and how do they show up (or feel missing) in my current life, relationships, or choices?

What inspires me or fills me with energy? List 10–15 things—people, hobbies, places, dreams—that light me up.

If I could live a "perfect day" from start to finish, what would it look and feel like—physically, emotionally, and spiritually?

Where is my energy leaking right now? Name up to 10 distractions, obligations, or thought patterns that feel heavy, drain you, or unaligned.

Where might I be playing small or holding back in my life? What belief or fear might be beneath that?

09 RECOMMENDED PODCAST



For Inspiration, Insight & Inner Readiness

These handpicked episodes offer tools, perspectives, and mindset shifts to help you soften, expand, and prepare for the journey ahead. Tune in while walking, cleaning, journaling, or resting—let them plant seeds & inspire before we gather. **No pressure at all to listen to all of these.**

Internal Family Systems (IFS) Parts Work Podcasts

Highly Recommend- A Life Changing Practice To Understand Ourselves, Find Inner Peace, and Heal

1. Introduction understanding to IFS
Richard Schwartz on Dear Gabby Podcast : [Podcast Link](#)
2. Great Examples of How It Works & How To Use IFS Daily For Yourself
Dr. Richard Schwartz on Christine Hassler Podcast : [Podcast Link](#)
3. Andrew Huberman with Dr. Richard Schwartz
Deep Dive into Internal Family Systems: Achieve Peace and Healing : [Podcast Link](#)

Freedom From Subconscious Limiting Beliefs & Relationships

Peter Crone on Know Thyself Podcast Ep 134 : [Podcast Link](#)

Habit Design, Dopamine, Nervous System Regulation, Doing Hard Things

Jay Shetty Interview with TJ Power: The DOSE Episode : [Podcast Link](#)

Finding Your Purpose & Transforming Anxiety

Martha Beck on The Mel Robbins Podcast : [Podcast Link](#)

Amazing Episodes For Better Communication & Relationships

1. Communication Expert, Lawyer Jefferson, Diary Of A CEO with [Podcast Link](#)
2. Body Language Expert- Diary Of A CEO Podcast with Vanessa Van Edwards [Podcast Link](#)

On Boundaries, Letting Go Of Control, Difficult Relationships

Jay Shetty Interview with Mel Robbins : The Let Them Theory : [Podcast Link](#)