

UTAH RETREAT Fall 2025

Thurs. Oct. 9 - Sun. Oct.12

Red Mountain Resort

St. George, Utah

St. George is considered to be Utah's scenic paradise. Located close to Zion National Park, Bryce Canyon and the Mojave Desert, making it an incredible destination for relaxation and adventure.

Non-Refundable deposit of \$500 to reserve your spot! It will sell out! Register Early!

Enjoy hiking, biking, kayaking, spa treatments, yoga, adventure and relaxation.

Kimberly Manthey, owner of Dirty Feet Yoga, IAWP Wellness Coach, ERYT500, and POP will share her passion for yoga, offering a class daily. In addition to yoga being offered, feel free to take advantage of the many hikes and relaxation opportunities that await you.

**Reserve your Spot! Email Kimberly at
Dirtyfeetyogastudio@gmail.com**

Retreat Package Pricing

Double Occupancy

Deluxe Accommodations- \$1,995 per person

Single Occupancy

Deluxe Accommodations-\$2,250 per person

Non Refundable Deposit of \$500 Reserves your Spot

Balance due by August 1, 2025

No refunds for cancellations within 30 days of travel.

Please consider Travel Insurance.

Inclusions:

- Stylish accomocations at Red Mountain Resort**
- Yoga Classes led by Kimberly**
- Three gourmet, nutritious meals daily**
- Daily morning hikes**
- Fitness Classes**
- Complimentary Wifi**
- Use of Resort facilities, (pools, hot tubs, bikes, walking trails, etc)**

Exclusions:

- Air fare**
- Transfer from the Las Vegas Airport (St. George transfer is included)**
- Alcoholic beverages are available for purchase at the resort, but not included in retreat pricing**
- Spa treatments or additional recreational tours**

AirFare info- Guests may fly into Las Vegas, NV, or directly into St. George, Utah. Transfers from St. George airport are included in package pricing.

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