



# MEJDI TOURS

**Custom Oregon Tour for JWhaley Wellness**  
Moksha in the Mountains: Yoga, Breathwork, & Hiking Retreat  
**June 6-12, 2021**

**Itinerary:**

**Day 1: Sunday, June 6, 2021 - Arrival in Bend, Oregon**

Arrive into Redmond Airport and meet your local mountain guide for a group transfer to your hotel. Check in and spend some time getting settled into your 1936 Catholic schoolhouse turned quirky hotel in the heart of downtown Bend. Wander the halls, enjoying artwork and old photos that pay homage to the history of the school and the surrounding community, grab a drink on the patio, or relax in the soaking pool, surrounded by shimmering turquoise tilework and handcrafted stained glass by local Oregonian artists. This evening, join the group for a welcome dinner.

*Overnight: McMenamins Old St. Francis Schoolhouse Hotel, Bend (D)*

**Day 2: Monday, June 7, 2021 - Bend - McKenzie River Trail - Breitenbush Hot Springs**

This morning, meet the group on the patio for meditation and intention setting, followed by an upbeat vinyasa flow. Then, get to know the city on a walking brunch tour of Bend. Explore some of the highlights of Downtown Bend and sample the best of Bend's coffee shops, cafes, and food pods. This afternoon, leave the city and head toward Sahalie Falls (1 hour drive), a 100-foot waterfall pouring into the river below and covering the moss-covered valley with cool mist. Continue along a trail, walking past the 70-foot Koosah Falls, and onto Carmen Reservoir. Loop back along the other side of the river and back to the trailhead, taking in views of the surrounding old growth forest. Next, hike to Tamolitch Falls, also known as the "Blue Pool." The Blue Pool is one of Oregon's hidden treasures – a waterfall pool of iridescent topaz blue flowing down from mountain lava beds above. Enjoy a 3.7 mile round-trip hike before continuing on to your remote mountain retreat center (1 hour drive). Surrounded by 154 acres of timeless national forest, hot springs, glacier-fed rivers, and mountains, and with its own hydro-electric off-grid, sustainable power system, it is the perfect place to relax and reconnect with nature and self. Settle in and join the group for dinner\* followed by a relaxing Yin yoga practice.

*Overnight: Breitenbush Hot Springs Retreat and Conference Center (B, D)*

*\*Bountiful, organic, vegetarian meals are served buffet style three times daily during your retreat. You may request egg-free, dairy-free, and gluten-free meals as well.*

### **Day 3: Tuesday, June 8, 2021 - Breitenbush Hot Springs**

Arise early this morning for meditation and intention setting, followed by ceremonial cacao + breathwork. After lunch, enjoy free time on your own to explore Breitenbush. Go hiking, take a meditative walk on the retreat center's labyrinth, soak in one of the natural hot springs, or participate in one of the daily well-being courses offered by the center. Meet up with the group for dinner this evening, followed by a restorative Yin yoga practice.

*Overnight: Breitenbush Hot Springs Retreat and Conference Center (B, L, D)*

### **Day 4: Wednesday, June 9, 2021 - Opal Creek Wilderness**

Arise early this morning and join the group for meditation and intention setting, followed by a Yin yoga flow. Then, set off on a full-day guided exploration of the Opal Creek Wilderness, located in the Willamette National Forest, on the border of the Mount Hood National Forest. This easy loop hike takes you through a low-elevation ancient forest, the largest old-growth forest in the western Cascades, and showcases river and waterfall views, ending at a shimmering emerald pool (~7 miles round-trip). The hike begins at the Opal Creek Trailhead, crosses a high bridge over Gold Creek, and meanders along the Little North Santiam River, where there are plenty of rocky outcroppings to explore. After about 3 miles, you'll reach the small community of Jawbone Flats, once an old mining town and now a tiny, thriving community known for its outdoor schools and forestry workshops. Cross a bridge over Opal Creek, and head down to the pool below. Relax and enjoy a picnic lunch near Opal Pool. After lunch, follow travel back along another trail along the Little North Santiam River, then continue back along a gravel road to the trail head. Return to the retreat center for dinner followed by a relaxing Yin yoga practice.

*Overnight: Breitenbush Hot Springs Retreat and Conference Center (B, L, D)*

### **Day 5: Thursday, June 10, 2021 - Triangulation Peak & Boca Cave**

Meet the group for early morning meditation and intention setting, followed by ceremonial cacao + breathwork. After lunch, set off on a full-day guided hiking exploration to Triangulation Peak and Boca Cave (~5 miles round-trip). Walk along paved and gravel paths until you reach the trail entrance. The hike begins with a moderate 1.5 mile incline, then becomes steeper as it ascends a northwest slope of the peak via a few short switchbacks. Stop here and enjoy your first mountain view – a close-up snapshot of Spire Rock, a basalt formation jutting up into the sky. Head onward to the summit plateau of Triangulation Peak and take in a breathtaking and unimpeded view of the Cascades, including Mount Hood, Three-Fingered Jack, Mount Washington, and the Three Sisters from the viewpoint of what used to be an old fire lookout. After a brief rest, trek back down a bit and take an alternate trail towards Boca Cave. After a while, the trail becomes a steep and rocky boot path that winds north to a giant rock formation, Boca Cave. Follow the trail straight to the cave's entrance, which gapes approximately 70 feet wide. Explore the wide, vaulted cave and the striking view from inside, which perfectly frames Mount Jefferson in the distance, before heading back to the trailhead. Return to the retreat center for dinner followed by a restorative Yin yoga practice.

*Overnight: Breitenbush Hot Springs Retreat and Conference Center (B, L, D)*

**Day 6: Friday, June 11, 2021 - Breitenbush Hot Springs - Bend - Paulina Peak**

Align your chakras this morning with a group Shivananda practice. After breakfast, head toward Bend (2 hour drive) with a coffee break en route (on own). Enjoy a group farewell lunch at a local restaurant in Bend. Then, transfer to the Paulina Peak trailhead (1 hour drive) and set off on a guided hike to Paulina Peak, the highest point on the Newberry Caldera rim, a crater that is the remains of one of the most massive shield volcanoes in North America. Begin on the scenic shores of Paulina Lake and take in some of the most extensive views of the Cascades as you make your way along wooded Mountain Hemlock paths up to the rocky crags of Paulina Peak. Enjoy breathtaking views of the lake, the Big Obsidian Flow from the volcano's eruption, and the surrounding mountains before heading back down to the trailhead (~6.2 miles round-trip). Enjoy and evening at leisure to explore Bend on your own.

*Overnight: McMenamins Old St. Francis Schoolhouse Hotel, Bend (B, L)*

**Day 7: Saturday, June 12, 2021 - Smith Rock State Park - Departure**

Arise early this morning for meditation and reflection, followed by a relaxing yin yoga session. Enjoy breakfast at the hotel restaurant or local coffee shop (on own). Transfer to Redmond, and enjoy an easy (~3 miles) loop hike in Smith Rock State Park, looking for wildlife along the Crooked River amongst dense vegetation and rocky outcroppings. If you're lucky, you may spot one of the bald eagles that nest along the rim of the canyon, or a great heron along the river. After a short hike, transfer to the airport for your flight home.