

Restore

Relax

Rejuvenate

The WELLNESS COLLECTIVE

AN INITIATIVE BY BEARTOOTH BILLINGS CLINIC

YOU'RE INVITED

JOIN US FOR A WEEKEND WELLNESS
EXPERIENCE FEATURING:

- NOURISHING MEALS BY A LOCAL CHEF
- ENERGIZING WORKOUTS + MOVEMENT SESSIONS
- INSPIRING WELLNESS TALKS
- LOCAL EXPERTS GUIDING YOUR JOURNEY

OPTIONAL ADD-ONS

- MASSAGES
- FACIALS
- BOTOX
- & MORE

ONSITE AMENITIES:

- POOL
- COLD TUB
- CREEKSIDE INFARED SAUNA
- HIKING TRAILS
- COMFORTABLE, MODERN ROOMS

2026 WELLNESS RETREAT

SEPTEMBER 18TH, 19TH AND 20TH

ROCK CREEK RESORT RED LODGE, MT

The
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LET'S TALK

JOIN US IN WELCOMING ONE OF OUR FEATURED GUEST SPEAKERS, RED LODGE LOCAL, BROOKE YATES, DMSC, PA-C! BROOKE IS PASSIONATE ABOUT HELPING WOMEN BETTER UNDERSTAND THEIR HEALTH AND IS EXCITED TO SHARE HER KNOWLEDGE AT OUR WELLNESS RETREAT, SEPTEMBER 18-20.

SHE LOOKS FORWARD TO DISCUSSING ALL THINGS WOMEN'S HEALTH AND HORMONES, PROVIDING VALUABLE INSIGHTS, PRACTICAL INFORMATION, AND EMPOWERING CONVERSATIONS TO SUPPORT YOUR WELLNESS JOURNEY. WE ARE THRILLED TO HAVE HER JOIN US AND CAN'T WAIT FOR YOU TO LEARN FROM HER EXPERTISE!

BROOKE YATES
DMSC, PA-C

SEPTEMBER 18TH, 19TH AND 20TH

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LET'S TALK

ALEXA TALKINGTON IS A CERTIFIED NUTRITIONAL PRACTITIONER & FOUNDER OF FARMS BEFORE PHARMS. SHE BELIEVES THE PATH TO LONG TERM WELLNESS IS BUILT ON REAL FOOD AND SIMPLE HABITS, NOT THE LATEST WELLNESS TRENDS.

TOGETHER, WE'LL EXPLORE THE FOUR FOUNDATIONAL PILLARS OF HEALTH SHE USES WITH CLIENTS AND UNCOVER HOW EACH PILLAR INFLUENCES THE OTHERS. YOU'LL LEARN SIMPLE, SUSTAINABLE STRATEGIES YOU CAN CONTINUE APPLYING LONG AFTER THE RETREAT.

ALEXA TALKINGTON
NUTRITIONAL PRACTITIONER

SEPTEMBER 18TH, 19TH AND 20TH

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LET'S RELAX

Hi, I AM HOLLY LUCARA, A LOVER OF EVERYTHING VINTAGE, YOUTHFUL SPIRITS, AND ALL THINGS BOHO, I'VE SPENT OVER TWENTY YEARS HELPING PEOPLE RECONNECT WITH THEIR NATURAL RADIANCE AS A LICENSED ESTHETICIAN. EACH TREATMENT IS A SMALL RITUAL OF CARE, EQUALLY NOURISHING FOR ME TO GIVE AS IT IS FOR MY CLIENTS TO RECEIVE. IN A WORLD THAT MOVES FAST, I CHERISH CREATING A SPACE WHERE TIME SLOWS AND TENSION SOFTENS.

TRUE BEAUTY ISN'T JUST HOW WE LOOK; IT'S HOW WE FEEL – AND WHEN WE FEEL GOOD, WE NATURALLY SHINE.

HOLLY LUCARA
LICENSED ESTHETICIAN

SEPTEMBER 18TH, 19TH AND 20TH

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LET'S MOVE

MY NAME IS SAMANTHA THOMAS AND I LOVE ALL THINGS FITNESS! I'VE LIVED IN RED LODGE FOR ALMOST 33 YEARS HELPING WOMEN REGAIN CONTROL OF THEIR HEALTH AND BODIES. CERTIFIED IN NUTRITION, I AM A PERSONAL TRAINER AS WELL AS A GROUP FITNESS INSTRUCTOR.

I'M EXTREMELY EXCITED TO BE INVOLVED WITH THIS RETREAT! I'M LOOKING FORWARD TO SHARING MY KNOWLEDGE OF THE EASE OF EXERCISING WITH ONLY ONE SMALL ITEM THAT CAN FIT IN YOUR POCKET AND CAN BE USED ANY AND EVERYWHERE! AH, THE POWER AND JOY OF THE CIRCLE RESISTANCE BAND

SAMANTHA THOMAS

SEPTEMBER 18TH, 19TH AND 20TH

ROCK CREEK RESORT RED LODGE, MT

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LET'S RELAX

SUMMER JEAN IS AN AWARD-WINNING AUTHOR, TEDX SPEAKER, AND FOUNDER OF AGAMI KARMA THERAPY. AS AN INTEGRATIVE PSYCHOTHERAPIST WITH MORE THAN TWENTY YEARS OF CLINICAL EXPERIENCE AND OVER 30,000 CLIENT SESSIONS, SHE HAS DEVOTED HER CAREER TO UNDERSTANDING THE PROFOUND RELATIONSHIP BETWEEN THE MIND, BODY, AND SOUL.

SUMMER JEAN

AUTHOR; PSYCHOTHERAPIST

SEPTEMBER 18TH, 19TH AND 20TH

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LONG BEFORE BECOMING A THERAPIST, SUMMER MADE A VOW TO UNDERSTAND WHY SUFFERING IS PART OF THE HUMAN EXPERIENCE AND TO HELP OTHERS UNDERSTAND IT, TOO. THROUGH HER OWN LIFE'S JOURNEY, THAT VOW LED HER TO AN IN-DEPTH STUDY OF PSYCHOLOGY, PHILOSOPHY, RELIGION, ASTROLOGY, METAPHYSICS, AND HUMAN DEVELOPMENT, INSPIRING THE INTEGRATIVE PHILOSOPHY THAT GUIDES HER WORK TODAY.

DRAWING FROM BOTH WESTERN PSYCHOLOGY AND EASTERN PHILOSOPHY, SUMMER INTEGRATES EVIDENCE-BASED PSYCHOTHERAPY WITH MINDFULNESS, YOGA THERAPY, YOGA NIDRA MEDITATION, PSYCHEDELIC-ASSISTED THERAPY, SOUND THERAPY, AND CONTEMPLATIVE PRACTICES TO GUIDE INDIVIDUALS THROUGH HEALING, SELF-DISCOVERY, AND LASTING TRANSFORMATION. HER WORK BRIDGES SCIENCE AND SPIRITUALITY, EMPOWERING OTHERS TO MOVE BEYOND SURVIVAL AND CREATE LIVES OF GREATER PURPOSE, AUTHENTICITY, AND INNER FREEDOM.

SUMMER IS THE CREATOR OF THE ASCEND TRANSFORMATIONAL FRAMEWORK, A PRACTICAL APPROACH TO SELF-LEADERSHIP BUILT UPON VALUES, VIRTUES, VICTORIES, AND VISION. THROUGH HER WRITING, SPEAKING, THERAPEUTIC WORK, AND EDUCATIONAL PROGRAMS, SHE INSPIRES OTHERS TO RECONNECT WITH THEIR INNER AUTHORITY, STRENGTHEN EMOTIONAL RESILIENCE, AND CONSCIOUSLY CREATE LIVES ALIGNED WITH THEIR HIGHEST POTENTIAL.

ABOVE ALL, SUMMER IS A NATURE LOVER AND DEVOTED MOTHER OF FOUR WHO BELIEVES THE GREATEST JOURNEY WE WILL EVER TAKE IS THE ONE THAT LEADS US BACK TO OURSELVES.

SUMMER WILL BE SPEAKING ABOUT INTEGRATIVE PSYCHOTHERAPY USING MANY MODALITIES FOR HEALING MIND, BODY, AND SPIRIT. SHE WILL ALSO BE OFFERING A SOUND BATH MEDITATION WITH TIBETAN SINGING BOWLS, WHICH IS INCREDIBLY SPECIAL AND ALWAYS FEELS AMAZING.

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LET'S MOVE

HI! I AM JON NESOVIC. I AM A CERTIFIED GROUP FITNESS TRAINER THAT TEACHES FUNCTIONAL FITNESS CLASSES AT THE WELL APPROACH. I AM ALSO A CERTIFIED NERD AND WORK AS THE COMPUTER GUY AT BEARTOOTH BILLINGS CLINIC.

MY FAVORITE THINGS TO DO ARE 1. LEARN 2. APPLY WHAT I LEARN 3. TRAIL RUN.

I LOOK FORWARD TO WORKING WITH ALL OF YOU AT THE WELLNESS RETREAT IN SEPTEMBER.



JON NESOVIC

SEPTEMBER 18TH, 19TH AND 20TH

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LET'S RELAX

TASHA BASS-MCLEAN IS A LICENSED MASSAGE THERAPIST WITH OVER 18 YEARS OF EXPERIENCE BASED IN RED LODGE, MONTANA. GROWING UP ON A RANCH IN THE FOOTHILLS OF THE BEARTOOTH MOUNTAINS INSPIRED A LIFELONG APPRECIATION FOR MOVEMENT, NATURE, AND THE BODY'S INCREDIBLE ABILITY TO HEAL.

TASHA BELIEVES LASTING WELLNESS COMES FROM CARING FOR THE BODY AS A WHOLE.

TOGETHER, WE'LL EXPLORE GENTLE MOVEMENT, BREATH, AND RESTORATIVE PRACTICES DESIGNED TO CALM THE NERVOUS SYSTEM, RELEASE TENSION, AND SUPPORT LASTING WELL-BEING. HER HOPE IS THAT YOU'LL LEAVE FEELING RENEWED, EMPOWERED, AND EQUIPPED WITH SIMPLE TOOLS TO CONTINUE CARING FOR YOURSELF LONG AFTER THE RETREAT.

TASHA BASS-MCLEAN
LICENSED MASSAGE THERAPIST

SEPTEMBER 18TH, 19TH AND 20TH

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LET'S TALK

STEVE MIKELS IS THE OWNER OF WELL APPROACH FITNESS PROFESSIONALS LLC AND HAS SERVED THE RED LODGE COMMUNITY FOR OVER 23 YEARS. WITH A B.S. IN EXERCISE SCIENCE, 41 YEARS AS A CERTIFIED PERSONAL TRAINER, AND EXPERIENCE AS A COMPETITIVE POWERLIFTER AND STRONGMAN, STEVE HELPS PEOPLE OF ALL AGES AND ABILITIES ACHIEVE THEIR HEALTH AND FITNESS GOALS THROUGH PERSONALIZED, POSITIVE COACHING.

LIFE MANTRA: "HEALTHY BODIES COME IN ALL SHAPES AND SIZES. ALL YOU NEED TO DO IS MOVE!"



STEVE MIKELS
B.S. EXERCISE SCIENCE; GYM OWNER

SEPTEMBER 18TH, 19TH AND 20TH

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RETREAT PACKAGES

Weekend Retreat

\$350

5 curated meals
2 local made snacks a day
3+ workouts
Welcome Bag including workout essentials, local goods, water bottle, & more
Multiple Speakers
Access to amenities
Additional self-care services

Rock Creek Resort Room Block
Guests can book a room at a discounted rate.

Payment plans available to ensure accessibility for all



The
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TO POUR
INTO YOUR
PEOPLE, YOU
MUST FIRST
FILL YOUR
OWN CUP.

YOU'VE EARNED THIS REST.

BOOK THE RETREAT.

SEPTEMBER 18TH, 19TH AND 20TH
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