

# AdrenZen

2017



**The Adrenaline  
Was Flowing  
at AdrenZen—  
Paws Up's  
Soon-to-Be  
Legendary  
Wellness Weekend**





# The Adren of AdrenZen Was Felt by All.

Fitness expert Jen Widerstrom led our first-ever Ranch-Athlon, featuring a mud-filled ATV tour and rappelling adventure. Guests ventured outside of their comfort zones, taking turns descending a 167-foot rock face. More adventure followed in the form of a one-mile Grizzlyman Fitness Trail excursion where guests made quick, calorie-burning stops at 12 stations to complete climbing, balancing and swinging challenges. In addition, our Sky Line Aerial Adventure Park tested AdrenZen participants as they navigated rickety bridges, spider nets, swinging platforms, tightropes and a heart-pounding 40-foot free fall.

*Carlo Hontiveros gives the Grizzlyman Fitness Trail a piece of his mind...and body.*





“So far, I’ve spent half of my life in Montana, growing up under lodgepole pines and with my feet in glacial waters; and I’ve lived the other half in Chicago, enjoying an urban-gal-about-town lifestyle. I can honestly say from the bottom of my heart that The Resort at Paws Up is one of those magical places that melds the authentic beauty of raw nature with a sort of modern sensibility that savvy travelers have come to expect within urban environments—award-winning chefs, luxury accommodations and a can-do, anything-is-possible attitude from the staff. And, for those of you who have never been to Montana, The Resort at Paws Up is an excellent way to whet your adventurer appetite and truly understand what Steinbeck meant when he said, “I’m in love with Montana. For other states I have admiration, respect, recognition, even some affection. But with Montana it is love.”

—Wendy Altschuler, AdrenZen guest

*Katelynn Lee giving the Sky Line Aerial Adventure Park the business.*



**I**'ve never had an experience even close to the one at AdrenZen. Being at Paws Up, there was so much openness and freedom that I was able to invite everyone into my own personal space. I truly had an adventure and did things I thought I would've never had the chance to, and I was also able to find inner peace. The combination has left me fulfilled, anchored and grateful to be alive.

**GUEST FITNESS INSTRUCTOR JEN WIDERSTROM**







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*As an international retreat leader, finding a place that is as special as Paws Up is rare. The space invites quiet reflection, exploration and growth, while also offering every luxury you could imagine. Everybody had an incredible time, and I loved hosting a wellness event there. Jen Widerstrom and I both look forward to bringing more growth and healing to this property soon.*

**GUEST YOGI LAUREN TAUS**





“My experience at The Resort at Paws Up for the AdrenZen weekend was the highlight of my year. All the staff throughout The Resort were all extremely accommodating and kind, and they took care of any needs or questions that I had throughout my weekend. I had a wonderful time exploring the outdoors at The Resort at Paws Up because of the exquisite location, respectful staff and impeccable service. I would highly recommend The Resort at Paws Up for any occasion!”

—Katelynn Lee, Suja Marketing Coordinator

“I am fortunate to have been a part of AdrenZen weekend. The whole place is serene and magical, but what was really unexpected was the opportunity to push myself out of my comfort zone in a safe and relaxed environment. I would go back again and again.”

—Bhavani Raju, AdrenZen guest



AdrenZen guests enjoying a “four paw” couple’s massage with a view only Paws Up can provide.



# THE ZEN OF ADRENZEN WAS FELT BY ALL.

Morning yoga classes with guest yogi Lauren Taus started each day, featuring meditation, stretching and time for renewal. Her most popular class of the weekend was vino yoga on the Paws Up main stage. Participants warmed their muscles through a range of movement while they enjoyed downward-facing-dog views of the stunning, expansive 37,000-acre ranch along with breaks for sipping fine wines.

Free time was spent at Spa Town for guests to experience pure bliss and rejuvenation, followed by total relaxation in their in-home jetted tubs and quiet time on their front porches soaking in serene sounds and scents of nature.

*Lauren Taus and her yoga super "Hiro," Hiro Landazuri, doing what comes naturally under the big Montana sky.*



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