

# Missoulian

## Paws Up offers weekend of wellness

Corridor Staff May 3, 2017



Photo provided by Paws Up



For those who are looking for new activities this summer, The Resort at Paws Up is offering a weekend full of them — both adventure and culinary-related.

The resort east of Missoula will offer its first-ever wellness weekend May 5-8. According to a news release, at the AdrenZen weekend retreat, “you can enjoy heart-pumping wilderness adventures such as horseback riding and mountain biking. Plus, the resort will host its first Ranch-Athlon (a combination of ATV riding and rappelling) along with other adventures such as rappelling, fly-fishing, horseback riding, sunset hike, mediation hike, spa treatments and two yoga classes per day, including a vino vinyasa yoga class with special guest yoga instructor Lauren Taus from New York City. You also can enjoy gourmet cuisine prepared from James Beard Award nominee Kelly Liken.”

The release continues:

People “will have a chance to get up close and personal with ‘The Biggest Loser’ star Jen Widerstrom at AdrenZen in small daily group fitness classes. She will lead the Ranch-Athlon, adventures on the Grizzlyman Fitness Trail adventures and more. At the forefront of the health and fitness community, Widerstrom is widely known for her role as America’s bighearted trainer on NBC’s hit series ‘The Biggest Loser’. No one helps people take their first fitness steps better than Widerstrom. She is also well on her way to becoming the next big female role model in fitness, having been named as Reebok’s Global Women’s Brand Ambassador. Widerstrom is also the author of Diet Right for Your Personality Type, scheduled for publication in 2017.”

Learn more about the event at

[pawsup.com/events/adrenzen/special-guest-fitness-instructor/](http://pawsup.com/events/adrenzen/special-guest-fitness-instructor/).

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The resort also is offering a Mother's Day brunch on Sunday, May 14, from 11 a.m. to 3 p.m. The price for the brunch is \$55 per person, and it includes a salad buffet; a choice of one of these three appetizers: Mushroom Bisque, Elk Tenderloin or Sautéed Opakapaka; a main dish choice of Beef Prime Rib Hash, Stone Bass, Pan Roasted Chicken Breast or Frittata; and a dessert choice of Passion Fruit Cheesecake and Brûlée or Malted Milk Chocolate Mousse.