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# YOGA AND MASSAGE

For Men and Women

**ON THE GREEN RIVER  
THROUGH HISTORIC DESOLATION CANYON**

5 Days & 4 Nights

Our Yoga Massage trip for Men and Women has it all; magnificent scenery, exciting whitewater, and the company of other like minded people. Re-energize your mind, body and soul as adventure, nature and other active adults enrich your life.

This journey begins with a scenic plane flight above the river canyons, giving you and eagle's view of what lies ahead—a natural world where civilization quickly becomes a memory. No roads, no cell phones, and of course, no emails. Time stands still here, and the canyons remain as they have for millions of years, slowly eroding into the mighty Green River.

Everyday we will take time to hike up the side canyons and walk to historic ranches and old cowboy outlaw hideouts. The mornings provide time for meditation and yoga. We may slip in a short session of standing yoga before lunch. Evenings are filled with yoga, meditation and massage sessions.

## **Yoga and Massage**

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Combine athletic endeavor with relaxation and rejuvenation. No matter your Yoga experience, practicing next to the river within soul stirring canyon walls is revitalizing. Our Yoga instructor teaches the ancient art of Yoga during daily morning classes. A massage therapist provides you with a healing massage at least twice a trip.

You can challenge yourself, strive for the next level and break out of your comfort zone ~ all in the coziness of a small group setting and in a magnificent outdoor location with access to experienced outdoor guides as well as Yoga & massage therapist teachers.

## **Rafting**

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We meet early at the Moab Canyonlands Airport for a spectacular scenic flight to a mesa above the river. You will then spend the day leisurely floating on the mellow upper canyon. Today, and every day of your trip, you will create your own deli masterpiece for lunch and enjoy a generous and delicious dinner prepared fresh by your guides. Camp is always full of wonder and anticipation of tomorrow's spectacle.

You don't have to be an experienced whitewater rafter to enjoy the thrill of the rapids in Desolation Canyon. If you have never rafted or camped before, rest assured that we are professional at making your trip comfortable, fascinating and safe.

## **Geology**

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The Green River has sliced through 300 million years of rock leaving exposed layers in towering canyon walls, giving the area a spectacular Grand Canyon appearance. Guides share their geologic expertise during hikes through the canyons.

At Rock Creek Ranch the canyon comes to its deepest point at 5000 feet from the river to the plateau above. This is deeper than the middle of the Grand Canyon.

The towering walls of Desolation Canyon give way to the vistas of Gray Canyon. The contrast between the two canyons is amazing.

## **Camping & Hiking**

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Each evening we establish camp on the riverbank. While you explore and relax, the guides set up chairs, and the kitchen, where they prepare fresh, delicious abundant meals. The clean air amplifies a vibrant blue sky, creating a perfect environment for hiking and unparalleled photographic opportunities.

Depending on the length of your trip, time is set aside for hiking to geological and historical sites including Ancient Pueblo ruins and petroglyphs.

Each day, as evening yields to night and the sun melts from the sky, it is replaced by a vivid star show that enhances the evolving conversations you will share with the other guests and the guides.

## History

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The Green River through Desolation Canyon is the only river canyon registered as a National Historic Landmark. The Fremont Indians farmed, hunted and lived here over 700 years ago and left ruins and ancient rock art. In the late 1800's homesteaders, trappers and outlaws shared the area. McPherson Ranch was a common hideaway for Butch Cassidy and his "Wild Bunch," and their ranch still exists.

Time is set aside to explore these homes and legends. Major John Wesley Powell named many of the canyons, you will get a chance to hike and explore, on his exploratory trip down the Green and Colorado Rivers in 1869.

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## The Weather

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You can expect warm, sunny, delightful days in Southeastern Utah. In April through June, high temperatures range between 70<sup>o</sup> and 90<sup>o</sup>. July and August high temperatures typically range between 90<sup>o</sup> and 100<sup>o</sup>, with September and October temperatures ranging between 70<sup>o</sup> and 80<sup>o</sup>. The climate here is very dry with little humidity and not oppressively sweltering. Summer evenings are quite comfortable though cool in spring and fall. Other than an occasional rain cloud, there are few overcast days. No matter the weather, you will find your visit to be fascinating and unforgettable.

## Wildlife

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The canyon hosts an extraordinary diversity of plants and animals that live in many climatic environments. Wildlife is abundant in this region, though often shy. One of the West's largest herds of Desert Big Horn Sheep resides in the canyon. During the heat of the day lizards sun themselves while eagles, vultures, ravens, and hawks soar on thermal airstreams along the canyon walls. In the morning and evening, deer, muskrat, beaver, coyote and the great blue heron move along the river's edge.

## **Orientation**

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We hold a pre-trip orientation the evening before the trip launches. Here you will meet one of your guides, sign your release forms, receive your dry bags (river luggage), learn what to expect and how to prepare, and ask questions. The orientation is held at our office in Moab, Utah.

## **What Sheri Griffith Expeditions Provides**

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- Trip orientation
- Rafting, hiking & camping at the highest level
- All rafting and safety equipment including lifejackets and dry bags
- Professionally trained and licensed Guides
- Portable toilet and necessities
- All meals starting lunch day 1 through lunch the last day
- Shuttle to launch site
- Iced water, Gatorade and Lemonade on every boat
- Full days on the river
- The best customer service from your first phone call throughout your river experience

## **Experience**

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Sheri Griffith Expeditions has the experience of 34 years in the outdoor recreation industry. We've learned how to make you feel safe and comfortable on the river. This knowledge has helped us create comforts that many other outfitters can't provide. Through extensive training and workshops, our company's experience has been built upon and passed down throughout all of our 34 years in business. You will see our experience in the quality of equipment, food, and staff on each *trip*.

## **Custom Trips**

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We can help you schedule other activities in Moab around any of our river adventures. There are a variety of things to do in the Moab area including skydiving, Hummer/ATV tours, canyoneering, guided hikes, horseback riding, mountain biking, and scenic flights. Along with your river trip, we are available to help with booking the above activities as well as to assist with booking your lodging and transportation needs while in Moab.

## **Our Guides**

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Our guides are professional, exceptional people with outstanding talents, who are eager to share their knowledge, experience, and enjoyment of life in the outdoors. They continually strive to perfect their understanding of our wilderness and its secrets. This *is* their way of life, and their passion is to share this adventurous way of life with you.

Our guides' objective is to help you have fun. However, you can rest assured that your safety is their top priority and you will observe this in their behavior as well as their expectations of you. They are Red Cross First Aid and CPR certified, and have completed river rescue training. Furthermore, they are required to complete hours of training on each river stretch before they can "guide" our guests. If you are like most people, you will marvel at the quality of their work, while feeling as if you have just made a new friend.

## **Our Guest Services Staff**

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All of us at Sheri Griffith Expeditions know what a deeply rewarding experience a river trip can be. Our Guest Services staff is widely recognized as the most helpful and accommodating in our industry. You can rely on us to facilitate a successful trip. Call us with questions, requests, or for assistance ~ we will help.

## **Environmental Awareness**

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We demonstrate that businesses can be socially and environmentally compatible. Environmental responsibility is an ethic that everyone in the company practices. We recycle and reuse all we can. We are politically involved in and contribute to conservation causes and issues. We incorporate earth awareness in our river trips: "take only pictures and leave only footprints."

## **Group Size**

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Sheri Griffith Expeditions believes in protecting the environment and enhancing your vacation. This is why we rarely do trips larger than 25 people. Most of our trips are 10-15 people in size. On our multi-day trips there will never be more than 5 guests on each oarboat. With small groups you will get the attention you deserve and the chance to know all the guides and other guests.

"Our mission is to enhance and enrich people's lives through outstanding outdoor adventures."

Most of us earn a few valuable days each year that we use to enhance the quality of our lives. We have created rafting vacations to enhance yours, and are grateful for the opportunity to share them.

**Call (800) 332-2439 to plan your  
Yoga and Massage in Desolation Canyon Trip**