



# Juniper Preserve Wellness Tour

**May 20-23, 2025**

**4 Days / 3 Nights**



OregonWest Excursions is happy to announce the second wellness tour we have curated. The first leaves for Puerto Vallarta soon, but this tour will be a little closer to home and will focus our guests in the Bend Area. Wellness for OregonWest means a tour at a little slower pace, but with specific activities designed for our travelers in mind that we hope will enhance their feelings of overall well being and health. On this tour, we have worked with the Juniper Reserve to create a tour that will leave you feeling refreshed and energized! Come and join Joan Strong and Tom Deus as they lead the group to a new destination and new experiences!

## TOUR HIGHLIGHTS

- Bend, Oregon
  - The High Desert Museum
  - The Pine Ridge Observatory
  - Fun Group Activities
- The Juniper Preserve
  - 3 intentional Wellness Activities
  - Time to enjoy the resort
  - Excellent Food
- Fantastic OregonWest Tour Directors: Joan Strong and Tom Deus
- Executive Coach Transportation
- All Inclusive Tour
- All Entrances and Activities
- All Gratuities

## PER PERSON PRICING

**\$2399** Double Occupancy

**\$2699** Single Occupancy

\$250 Deposit to Secure Booking Reservation  
Final Payment Due March 20, 2025

Trip Insurance is Highly Recommended

**For More Information or  
Reservations Contact:**

**OregonWest Excursions**

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# Basque-ing in Boise & Beyond

**8 Days / 7 Nights July 28—Aug 4, 2025**

## **Day 1 - Tues., May 20 The Juniper Preserve**

Our Executive Coach will whisk our guests into the high desert. After crossing the pass, you will enjoy a nice lunch in Sisters, Oregon before continuing on and checking into the Juniper Preserve. Take a little time to settle in before the group takes part in the first of three wellness activities: a sound bath in the Preserve's lava cave. This is truly a unique experience and one that will leave you relaxed and refreshed before you head to a group dinner at one of the on-site restaurants. The rest of the evening will be free to explore and enjoy the resort.

## **Day 2 - Wed., May 21 Lava Lands and the High Desert Museum**

Today begins with breakfast and a leisurely start to the day. After breakfast the group will head out to do some sightseeing in the nearby lava fields and then the High Desert Museum. Enjoy a boxed lunch today as you are out and about. If weather permits, which it should as it is nearly always sunny in Bend, you will find some time to eat outside and enjoy the beauty of the surrounding areas. This afternoon, the group will return to the Juniper Preserve and have some time to relax and enjoy the resort before having a nice group dinner.

## **Day 3 - Thurs., May 22 Wellness activity and a fun group activity**

This morning will feature a leisurely start to the day with breakfast and then a little bit later in the morning a yoga class focused on balance and breathing. After the yoga experience, the group will head into Bend for lunch at a local restaurant before taking part in a fun group activity- 4 person surrey ride around downtown bend. These 4 person surreys are great way to work together and have some fun without the fear of riding a

two-wheeled bike! After the ride, enjoy a glass of wine or pint of beer before heading back to the Preserve for dinner before your evening's special activity. Tonight the group will head to the Pine Ridge Observatory to enjoy the incredible dark sky views of the heavens above!

## **Day 4 - Friday, May 23 Final Wellness activity and return home**

The morning of our final day will again have a leisurely morning to enjoy breakfast before participating in the final wellness activity of the tour: The Kava and Cacao Ceremony led by staff at the Juniper Preserve. A Kava & cacao ceremony is a ceremonial gathering where participants come together to explore the healing and spiritual properties of Kava and cacao bean. After enjoying this special ceremony, the group will head back toward home with a stop for lunch along the way.