

# CUSTOMIZED MONTANA WELLNESS ESCAPES

**T**he physiological response to being outside in nature is real, and it's measurable. There are both physical and psychological benefits of nature that scientists have observed, which can better help us understand how nature supports wellness in the body, mind and community.

Although important, sometimes resetting your mental and physical health requires more than a 20-minute meditation session or sweaty HIIT class. Making real change means doing away with long-held habits and shifting your

mindset — two things that are much easier when you can step away from the grind of daily life and retreat to a place that supports your desire for a life adjustment through physical, psychological, and spiritual offerings.

That's where wellness escapes come into play. They're designed to aid in transformation — be it physical or mental health — through a combination of unique experiences, expert staff, and locales that can be spacious and extravagant or remote and minimal.

## THE IMPORTANCE OF PLAY AND FUN FOR ADULTS

As busy adults, we forget that play for adults is critical in our stressful go-go-go lives. It has been shown to release endorphins, improve brain functionality, and stimulate creativity. And it can even help to keep us young and feeling energetic. It also improves memory and stimulates the growth of the cerebral cortex.

## BENEFITS OF THE OUTDOORS

Being outdoors can provide a much-needed respite from the distractions, technology, and chaos of everyday life. We are constantly being overstimulated with media, noise, and the use of our devices throughout the day. Going outdoors and reigniting this inherent sense of connection to the natural world can alleviate depression and anxiety, which is often spurred by feeling disconnected.

There are many mental wellness benefits associated with being outside, including faster psychological stress recovery.

Studies have shown that being in nature can restore and strengthen our mental capacities, increasing focus and attention.

Another major component of mental health is social connection. The outdoors serves as a venue to come together with friends and family and connect with the larger community, and togetherness is especially important for us now. Isolation can really impact our mental health, and that the outdoors really provides that space for us to come together in a fun, physical pursuit can be invaluable.

## ABOUT WHOLE PROFESSIONAL

Whole Professional is a multidisciplinary, therapeutic consultancy dedicated to the mental health and well-being of busy, high-performing professionals. With a team consisting of professionals from the legal, business, medical, and mental health fields, we provide services in individual and family

counseling and psychotherapy, addiction and recovery treatment, medication management, nutrition, yoga, and recreational therapy. This holistic approach is designed to address the “Whole Professional,” enabling them to return to and maintain mental health, well-being, and maximum performance.

## COME ESCAPE WITH US TO MONTANA

Montana is the epitome of The Great American West – a vast,

unspoiled oasis just waiting to be explored. From the soaring

peaks of the Rocky Mountains in the West with their pristine alpine lakes and meadows to the rolling plains and dramatic badlands in the East, Montana offers boundless opportunities to explore its stunning scenery, enchanting wildlife, rich cultural heritage, and small-town charm.

Think of Whole Professional as your concierge wellness escape planning partner. We'll make all the necessary third-party arrangements and help you put together a realistic itinerary,

for groups from two to 20. We will advise you on what type of weather you can realistically expect over the course of your stay. You will eliminate the hassle of doing so yourself, in addition to benefiting from our knowledge of the best experiences for your mental and physical health. In addition, a trained psychotherapist, as well as experts in mindfulness, meditation, and yoga, will accompany each group tour to ensure the maximum mental health and wellness experience for you.

## THE DETAILS

Montana is like no other place on Earth. It is a world-renowned outdoor adventure destination for good reasons: Glacier National Park, Yellowstone National Park, fly-fishing on the Blue-Ribbon trout

streams, wildlife photography, and white-water rafting, to name just a few.

Let us curate an outdoor wellness excursion for you.

## FLY-FISHING

Montana fly fishing is world renowned because of the overwhelming abundance of quality, wild trout rivers, lakes, and streams. Couple this with ample public access and there just isn't any place in the lower 48 states that even remotely comes close to the fly-fishing opportunities of

Southwest Montana.

This region of the state is well-known for its world renowned blue ribbon waters in the Yellowstone, Madison, Gallatin, Jefferson, Big Hole, Beaverhead, Ruby and more. The Paradise Valley, through which the Yellowstone River flows, is



blessed with three world renown spring creeks in Dupuy, Armstrong and Nelson. Yellowstone National Park is a couple of hours away and offers a great side trip while in the area.

Angling has a long tradition in Yellowstone. People come from all over the world to fish the

park's varied and famous waters. Yellowstone is a fly-fishing paradise. Nowhere in the world are there so many public rivers, lakes and streams found in such a small area. Seven varieties of game fish live in the park: brook, brown, cutthroat, lake and rainbow trout, along with grayling and whitefish.

## HIKING & BACKPACKING

Montana has some of the best backpacking in the country – long trail corridors connect high mountain passes to verdant meadows and wild rivers. Wilderness areas teem with wildlife: grizzlies roaming lush fields, native trout darting around alpine lakes, and ospreys perching high atop trees hunting for fish.

Together, the Great Bear, Bob Marshall, and Scapegoat Wildernesses form the Bob Marshall Wilderness Complex, an area of more than 1.5 million acres. The Flathead National Forest manages the largest portion of this Wilderness Complex. This is the third largest wilderness complex in the lower 48 states. They are managed by three national forests - Flathead, Helena-Lewis and Clark, and Lolo, and five ranger districts - Spotted Bear, Hungry Horse,

Lincoln, Rocky Mountain, and Seeley Lake.

The United States Congress designated the Bob Marshall Wilderness in 1964 and it now has a total of 1,009,352 acres. The entire wilderness is in Montana. It is managed by the Spotted Bear and Rocky Mountain Ranger Districts. The Bob Marshall Wilderness was named after early forester, wilderness preservation pioneer, and Wilderness Society cofounder Bob Marshall. Here is one of the most completely preserved mountain ecosystems in the world, the kind of wilderness most people can only imagine: rugged peaks, alpine lakes, cascading waterfalls, grassy meadows embellished with shimmering streams, a towering coniferous forest, and big river valleys.

## MOUNTAIN BIKING

Montana offers unmatched trails and undiscovered country for mountain bikers of all levels. Many communities feature bike shops with gear and know-how and trailheads right around the corner. Once you've finished your ride through spectacular scenery, stop in at the local brewery and swap stories with other bikers. The thrill of mountain biking in Big Sky Country will leave you with plenty of source material and lasting memories.

With 64 mountain ranges, the Continental Divide Trail slicing through the state, and historic trails plying mountain passes, Montana has trails pretty much everywhere, from mellow beginner- and family-friendly rides to experts-only single-track. Don't ride? Don't worry! This trip has tons of other fun options, from fly-fishing and whitewater rafting to hot springs soaking.

## WHITE WATER RAFTING

From gentle mountain streams to the Mighty Missouri, water flows across the state of Montana. Race through dramatic canyons on a whitewater adventure or meander along high plains on a scenic float trip.

The best White-Water Rafting in Montana includes:

- ✓ Full Day Rafting on the Yellowstone River
- ✓ Half Day Whitewater Rafting

Trip

- ✓ Half-Day Rafting in Glacier National Park Whitewater
- ✓ Full Day Glacier National Park Whitewater Trip
- ✓ Half-Day Glacier National Park Whitewater Rafting Adventure

## MISSOURI RIVER FLOAT TRIPS

Expert river guides with extensive historical knowledge of this unique area will guide you on your canoe

trip, set up camp every night and of course cook up really sumptuous meals. All by a really mesmerizing

campfire after a long day of canoeing.

The Mighty Missouri is always flowing, slowly carving and shaping the land and the people who have called this area home. Westward settlement in this emerging nation

made this river one of the most significant routes of expansion. Lewis and Clark's Corp of Discovery marveled at "scenes of visionary enchantment" and the now-famous White Cliffs of Missouri.

- ✓ Bighorn Canyon National Recreation Area
- ✓ Makoshika State Park
- ✓ Terry Badlands
- ✓ Bob Marshall Wilderness
- ✓ Paradise Valley
- ✓ Lewis and Clark Caverns State

- Park
- ✓ Medicine Rocks State Park
- ✓ Holland Lake and Holland Falls, dense forests, mountain goats, and grizzly bears. The road is open from Memorial Day

## PHOTOGRAPHY EXPEDITIONS

Montana is a favorite state for many landscape photographers and nature lovers, and with good reason. The open landscape of Montana offers plenty of amazing, unique photographic opportunities.

Some of the best places to photograph in Montana:

- ✓ Glacier National Park
- ✓ Upper Missouri River Breaks National Monument

## WINTER SPORTS

- ✓ Skiing
- ✓ Dog Sledding
- ✓ Winter Mountain Biking
- ✓ Snowshoe & Winter Camp in Montana's National Parks
- ✓ Ice Fishing
- ✓ Ice Climbing
- ✓ Visiting a hot springs resort
- ✓ Snowmobile tours







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