

**7th Annual
Yoga, Camping & Whitewater Rafting Retreat
Wolf River, Menominee Forest, Wisconsin
Moksha Yoga Center 2026**

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About the Retreat

Embark on a one-of-a-kind yoga, rafting, and camping retreat in the picturesque beauty of the Menominee Reservation in Wisconsin, and celebrate the July 4th holiday in a way that harmonizes adventure, tranquility, and the great outdoors.

Location: Nestled amidst the serene landscapes of northern Wisconsin, our retreat provides a breathtaking backdrop for your yoga journey. Surrounded by lush forests and pristine waters, Menominee offers the perfect canvas for a rejuvenating escape.

Yoga Amidst Nature: Start your mornings with invigorating yoga sessions set against the backdrop of towering pines and the gentle rustle of leaves. Led by experienced instructors, these sessions will guide you through dynamic flows and grounding poses, connecting you with the natural energy of the surroundings.

Rafting Adventure: As the sun climbs higher in the sky, prepare for an exhilarating rafting adventure down the crystal-clear waters of the Wolf River. Skilled guides will lead you through thrilling level 1-2 rapids, offering both excitement and a profound connection with the untamed beauty of the river.

Camping Under the Stars: As the day winds down, settle into the tranquility of our campsite, surrounded by the warmth of a crackling campfire. Pitch your tent beneath the starlit sky and relish the sounds of nature as you drift into a peaceful night's sleep.

Nature Immersion: In addition to yoga and rafting, our retreat offers ample time for nature walks, hammocking (called Forest Bathing), birdwatching, and simply soaking in the serenity of the forest. Engage in guided mindfulness activities designed to deepen your connection with the natural world.

Community Bonding: Share stories and laughter around the campfire, creating lasting bonds with fellow retreat participants. Whether you're an experienced yogi, an adventure enthusiast, or a nature lover, this retreat welcomes everyone to come together in the spirit of unity and joy.

Join us for a July 4th holiday retreat that blends the thrill of rafting, the serenity of yoga, and the magic of camping in the heart of the Menominee Reservation. Immerse yourself in nature, celebrate the holiday with like-minded individuals, and return home rejuvenated, inspired, and deeply connected to the beauty of the great outdoors.



Camping & Rafting Schedule 2025

Wednesday, July 1 | *Early arrival...+\$20*

12pm or earlier **Depart Chicago**
Have lunch before departure or bring with you on the drive

4pm **Early Arrival**
Arrive & setup tent

5pm **Yoga**
Restoratives, Pranayama, Mantra & Meditation

7pm **Dinner**
Cook your own dinner - suggestion: campfire veggies & tofu in foil with olive oil & spices

8pm **Campfire & Satsang**

8:34pm **Sunset**

Thursday, July 2 | *Early arrival*

5:17am **Sunrise**

8am **Mysore Practice**

10am **Brunch**
Suggestion: pancakes or french toast, veggie bacon, fried or baked potatoes

11am **Yoga Dharma Talk**

12pm **Forest Bathing**

Thursday, July 2 | *Regular arrival*

12pm or earlier **Depart Chicago**
Have lunch before departure or bring with you on the drive

4pm **Regular Arrival**
Arrive & setup tent - it's no fun setting up your tent after dark!

5pm **Yoga**
Restoratives, Pranayama, Mantra & Meditation (Session 1)

7pm **Sattvic Potluck**
Bring a dish to share (no hummus)

8pm **Campfire & Satsang**

8:34pm **Sunset**

Friday, July 3 | Rafting Day

5:17am **Sunrise**

7:30am **Yoga**
Short Yoga Practice (Session 2)

8am **Breakfast**
Suggestion: muesli and oat milk plus fruit

8:45am **Whitewater Rafting**
Assemble at the office to depart by bus at 8:45am for a 10 min ride up the road to the launch site on the river; rafting ride about 4-5hrs. Sunscreen!

~3pm **Return to Campsite**
Snack and shower

4pm **Yoga**
Restoratives, Pranayama, Mantra & Meditation (Session 3)

6pm **Dinner**
Suggestion: baked potato in fire with veggie chili and salad

8pm **Campfire & Satsang**
Fire Puja: Never Give Up / Always Let Go Ceremony & Sharing Circle; bring your journal for writing

8:33pm **Sunset**

Saturday, July 4 | Forest Bathing

5:18am **Sunrise**

8:30am **Yoga**
Long Yoga Practice (Session 4)

10:30am **Brunch**
Suggestion: eggs / veggie & bean burritos

11:30am **Yoga Dharma Talk**

12:30pm **Forest Bathing**

4pm **Yoga** *Restoratives, Pranayama, Mantra & Meditation (Session 5)*

6pm **Dinner**

8pm **Campfire & Satsang** *Open Mic: share a poem, sing a song, tell a story, etc*

8:34pm **Sunset**

Sunday, July 5 | Departure Day

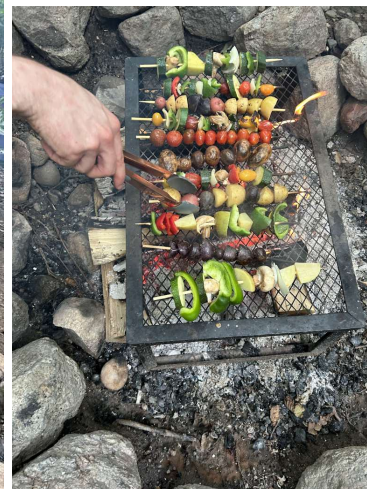
5:18am **Sunrise**

8:30am **Yoga**
Long Yoga Practice - Round Robin Style (Session 6)

10am **Brunch**
Suggestion: eggs / veggie sausage burritos

11am **Take-Down**
Camp Take-down and Clean-up (leave no trace)

~12pm **Return Home**
Departure or stay an extra day



Cooper & Maureen, Certified Teachers 2024

Retreat Fee

Thursday, July 2 to Sunday, July 5, 2026 3 nights (or 4 nights with early arrival)

- ★ Early Arrival: Wednesday, July 1 +\$20
- ★ Regular Arrival: Thursday, July 2
- ★ Whitewater Rafting: Friday, July 3
- ★ Forest Bathing: Saturday, July 4
- ★ Return: Sunday, July 5

Independence Day national holiday is Friday, July 4th with banks and offices closed.

Fee \$168

- Minus \$60 if you do not participate in rafting. Please inform us 7 days in advance.
- Includes up to 3 nights camping, rafting and 6 yoga sessions. Add \$20 for Wed night.

Notes

- Does not include food or transportation.
- Please share gas expense with the driver of your ride.
- No refunds.

Cabins

- Small cabins available for an additional charge of \$75/night+tax - includes 2 bunk beds - sleeps 4 - small refrigerator and electric outlet (must be reserved and paid in full in advance).

Schedule Summary

- ★ Thursday, July 2
 - AM: Mysore Style (early arrival)
 - PM: Restoratives, Pranayama, Mantra, Meditation 1
 - Potluck - bring a dish to share
- ★ Friday, July 3
 - AM: Short Asana Practice 2
 - Whitewater Rafting
 - PM: Restoratives, Pranayama, Mantra, Meditation 3
 - Fire Puja
- ★ Saturday, July 4
 - AM: Long Asana Practice 4
 - Forest Bathing
 - PM: Restoratives, Pranayama, Mantra, Meditation 5
 - Open Mic
- ★ Return: Sunday, July 5
 - AM: Long Asana Practice 6
 - Departure

Recipes & Food Ideas for Camping

From: Melissa Ulev

Certified Holistic Health Coach, Certified Holistic Nutritionist, CYT200

- Skillets- potato or sweet potato, onion, peppers, cheese, meat, eggs.
- Quesadillas are always good.
- Bowls- can be burrito style or asian style. Meat or veggies spiced accordingly, slaw or kimchi, rice, beans.
- Sautéed veg and meat/sausage.
- Chicken in a skillet with veg.
- Salmon or salmon burger tacos.
- Bean salad with crackers or bread.
- Black bean hummus lettuce or cabbage wraps.
- Frittatas with meat/veg/cheese.

www.takerootholistichealthcoaching.com

What to Bring

Essentials

- Tent + tarp
- Air mattress & sleeping bag plus bedding/pillow
- Outdoor yoga mat & practice gear (extra mats available in lost & found at the studio)
- **Water shoes for rafting - do not wear flip flops!**
- Waterproof bag/box for phone and snack + anything you want to keep dry while rafting (I'm bringing my camel pack)
- Important: cash to pay the driver of your vehicle for a share of the gas expense.

Meals

- Dinnerware - bowl, plate, spork - please do your best not to bring plastic or paper plates
- Cookware + foil + cutting knife
- Paper towels + toilet paper + paper trash bag
- Cooler / food + water (1 gallon per day).
- 3 day trip:
 - 1 sattvic potluck dinner dish (Thu)
 - 3 breakfast (Fri/Sat/Sun)
 - 2 lunch
 - 1 snack lunch (Fri) in waterproof bag for rafting
 - 1 lunch (Sat)
 - 2 dinner (Fri/Sat)
- 4 day trip: add extra meals...
 - +1 dinner (Wed)
 - +1 brunch (Thu)

Available in the camp store...

- Ice
- Wood bunch for campfire - please purchase and bring - 1 to 2 bundles for the fire.
- Non-sattvic ice cream and treats.

Pack Light!

- Swimsuit
- Sunscreen - the sun will be super strong; you may burn without
- Hat or baseball cap
- Bug spray! - it's Wisconsin
- Toiletries - toothbrush, toothpaste, favorite essential oil
- Bath towel (showers available) - bring 3 quarters per shower

Camping Stuff

- Camp chair + blanket
- Rain jacket
- Notebook + pen for journaling
- Reading material, citronella candle, hammock
- Poem, story or song for Open Mic
- Please pick up 1-2 bundles of firewood on the way in (about \$7/bundle) or at the campsite (\$10)

Challenge: Zero Waste (or close to it) & No Plastic

- Pre-pack food and veggies in containers - don't bring processed foods
- Bring paper instead of plastic garbage bags
- Use a hand towel instead of paper towels
- Bring a reusable bowl and plate instead of paper plates
- Use reusable water jugs
- Last year we had 7 garbage bags of waste for 14 persons. This year our target is 1 garbage bag for the same number of people.

Weather

- Average daytime temp in July: 82 deg
- Average nighttime temp in July: 62 deg chilly at night!

Directions to Campsite

Menominee Reservation in Wisconsin River Forest Wolf River Campground

W. 510 County WW, White Lake, WI
(Corner of Hwy 55 & W)
riverforestcampground.com

Note: there is no cellphone service in the forest.

Please bring printed directions!!!

Please text Daren 312-209-9642 upon your departure please!

Directions: From Moksha in Chicago...

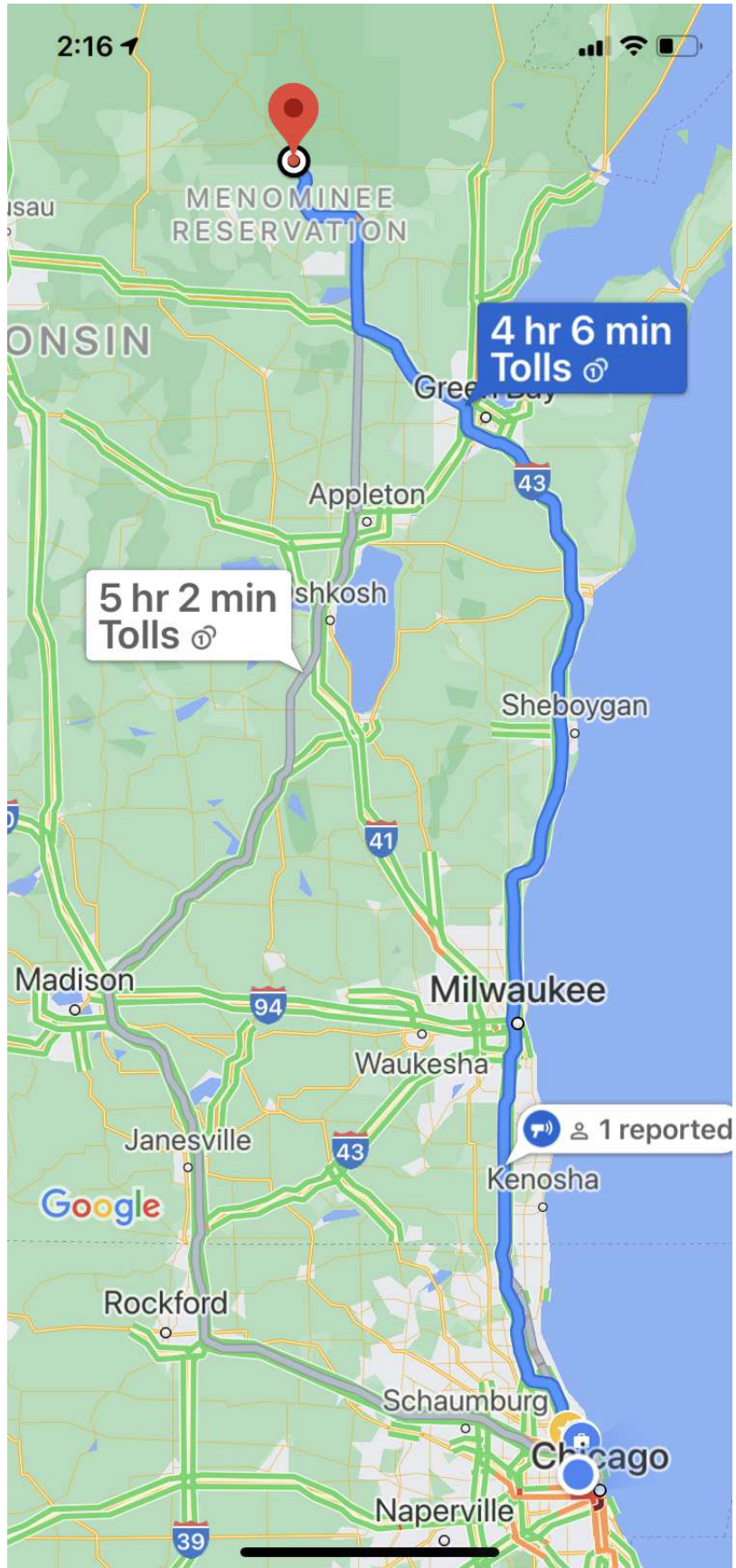
<https://goo.gl/maps/AMHSnQoB3cV7S1259>

266 miles; 4 hours travel time

Please depart by 12-2pm at the latest! Setting up your tent after dark is really no fun at all.

Take 94 through Milwaukee to 43 north. At Green Bay go across the Tower Bridge, take 41 south about 1 mile, take 29 west turnoff to Shawano. At Shawano, take 47-55 north exit, go through Shawano and Keshena. Just north of Keshena, take a sharp right on 55. Go about 20 miles and River Forest campground will be on your right. (There is a large sign on top of the hill and corner). Corner of 55 and Langlade County WW.

Map to Campsite



About Menominee

The **Menominee** are a Native American tribe originally from the present-day Midwestern United States. In Wisconsin, they have a significant historical and cultural presence. Here are key points about the Menominee Native Americans in Wisconsin:

Location: The Menominee Reservation is situated in northeastern Wisconsin. The tribe's ancestral lands extend beyond the reservation boundaries, covering parts of Wisconsin and neighboring states.

Language and Culture: The Menominee people have their own distinct language, part of the Algonquian language family. Traditional cultural practices, storytelling, and artistic expressions play a crucial role in preserving their heritage.

History: The Menominee have a rich history dating back centuries. They are known for their resilience and adaptation to changing circumstances, including interactions with European settlers and the challenges posed by colonial expansion.

Relationship with the Land: The Menominee have a deep connection to the land, viewing it as a sacred and essential part of their identity. Sustainable resource management practices, particularly in forestry, have been a hallmark of their approach to environmental stewardship.

Treaties and Sovereignty: Like many Native American tribes, the Menominee signed treaties with the U.S. government. The Menominee Tribe of Wisconsin was recognized in 1854, and the tribe has worked to assert and maintain its sovereignty in the face of historical challenges.

Economic Activities: Historically, the Menominee were engaged in various economic activities such as hunting, fishing, and agriculture. Today, economic development on the reservation includes forestry, tourism, and cultural initiatives.

Cultural Events and Celebrations: The Menominee participate in cultural events and celebrations that showcase their traditions, dances, and crafts. These events are an opportunity for the community to come together, share their heritage, and educate others about their culture.

Challenges and Resilience: Like many Native American communities, the Menominee have faced challenges related to historical trauma, socio-economic disparities, and cultural preservation. Despite these challenges, the tribe has demonstrated resilience and a commitment to maintaining its cultural heritage.

It's important to note that the Menominee Tribe has a unique and diverse cultural identity within the broader context of Native American communities. So please remember and appreciate this culture as we camp and raft on these sacred lands. Leave no trace!



