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A New Yoga Retreat in Montana Promises Wellness-Meets-Wilderness

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Photographed by Arthur Elgort, *Vogue*, February 1998

Ever since PR maven Robyn Berkley launched her luxury activewear collection, Live the Process, in 2013, she has been asked: What exactly does it mean to live the process? Now you can find out for yourself. The lifestyle label has teamed up with Montana's Lone Mountain Ranch on an annual holistic retreat; the first one kicks off today. For three days and four nights, wellness seekers can reset their bodies and minds on the property's 148-acre frontier (and fill their suitcases—Berkley has also curated a monthlong pop-up, staged in a yurt, where Alexis Smart's botanical tinctures and local palo santo bundles will be carried alongside her high-performance knits and moisture-wicking unitards).

“The idea of those green mountains, that big, open blue sky, *and* being at a luxury ranch, I was like, *yes, yes, yes, yes!*” says Love Yoga's Kyle Miller, who was tapped by Berkley to lead twice-a-day classes with Sky Ting's Krissy Jones. Invigorating 90-minute morning sessions will merge heat-building breathwork and asanas with the teachers' signature playful style, while restorative evening classes, following soothing sound baths, are sure to send guests back to their log cabins ready for slumber.

The schedule extends beyond the mat too. As Miller is quick to note, “We really try to strike that balance between a vacation and retreat.” With that in mind, attendees can try their hand at archery, gallop through the backcountry, or hike to the canyons and waterfalls of nearby Yellowstone, still with time for a one-on-one with a local astrologer or a spirit bag workshop. (Stamina is sustained by thrice-a-day farm-to-table meals.) “It's an adventure,” says Berkley—in wellness and wilderness alike.

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