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Spiritual retreat in Jackson Hole

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The deal: Spring Creek Ranch in Jackson Hole, Wyo., is offering the "Sole to Soul" weekend package hosted by professional life coach Carol Mann and her daughter Ariel, an awardwinning yoga instructor.

Cost: \$1,410 per person based on double occupancy; \$1,655 for single occupancy.

What's included: Three nights' accommodations in a deluxe room; daily breakfast and two three-course dinners at The Granary; private three-course dinner and orientation on the first night; six spiritual workshops with Carol Mann; seven yoga sessions with Ariel Mann; discounts on massages, cranial sacral and Reiki treatments.

When: Feb. 26 to March 1.

Information: springcreekranch.com or 800-443-6139.

