

## Jackson Hole Is Destination Wellness

*Wyoming Inn offers relaxing lodging option for popular October health and wellness program*



Left, the Wyoming Inn offers relaxing respite for Destination Wellness-goers (Wellness Image © Wojciech Gajda - Fotolia.com)

Jackson Hole, Wyoming - While Jackson Hole's unspoiled landscape and emphasis on an outdoor lifestyle make it a natural wellness destination year-round, the annual "[Destination Wellness](#)" program, October 2 – 11, 2009, offers a particular draw in the more peaceful fall season for a wide range of wellness seekers and practitioners. Weary wellness travelers – whose health-conscious but packed schedules during the 10 days of events may include everything from early morning [Qi Gong](#) to an evening keynote by the [Dog Whisperer](#) – will find a relaxing respite at the Wyoming Inn. At the Wyoming Inn, experienced staff can help with arrangements, while extras like complimentary breakfast enhance value pricing. The 10-day Jackson, Wyo., Destination Wellness program includes events offered by local practitioners, organizations, agencies and businesses promoting health and wellness of the mind, body, spirit and earth at various locations, as well as the popular [Seventh Annual Teton Wellness Festival](#), which this year is promoting a "Pursue Your Purpose" theme.

The Teton Wellness Festival, October 9 -11, will open with the keynote, "The Heart of Healing: A Cardiologist Looks Beyond the Body to Heal," by [Mimi Guarneri](#), MD, founder and director of The Scripps Center for Integrative Medicine on October 9. Both Guarneri's talk and dog behavior expert Cesar Millan's "Insights from the Dog Whisperer" keynote on October 10 will be held at 7 p.m. at the Jackson Hole Center for the Arts, while best-selling author [Gary Zukav](#) and Linda Francis will provide their hands-on keynote, "Living Courageously in Difficult Times," on October 11 at 2 p.m. in the Teton Room at Snow King Resort. In addition to the keynotes, festival participants can attend a variety of presentations, take movement classes, and visit the free exhibit hall. Tickets for keynotes start from \$45; festival passes are available from \$35 - \$275. Teton Wellness Festival ticket details are available [online](#); visit [www.tetonwellness.org](http://www.tetonwellness.org) for a complete festival schedule.

Room rates at the Wyoming Inn during October's Destination Wellness program start from \$139/night. Conveniently located on the town's free START Bus Shuttle Route for easy around-town transport, the Wyoming Inn also boasts such complimentary extras as Heavenly style pillowtop beds for a good night's sleep, wireless Internet access and fresh snacks available all day long to support busy Wellness attendees' needs. For a listing of all the Destination Wellness events taking place throughout Jackson October 2-11, visit the Jackson Hole Chamber of Commerce website at [http://www.jacksonholechamber.com/health/wellness\\_calendar.php](http://www.jacksonholechamber.com/health/wellness_calendar.php).

The Wyoming Inn is rated [#1 for hotels in Jackson](#) on Tripadvisor.com. With a mission to provide outstanding customer service, the Wyoming Inn staff will arrange a variety of activities suited to guest interests and is known for its comfortable atmosphere and many complimentary offerings – including breakfast, wireless Internet, airport shuttle and home-away-from-home evening milk and cookies. For information, visit [www.wyominginn.com](http://www.wyominginn.com) or call 800.844.0035.

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