

Date: June 19, 2025



Long Tall Sally

By Lori-Ann Murphy

There's something sacred in the cast.

The quiet preparation.

The easy rhythm.

The feeling of line dancing through summer light.

This time of year always brings me back to the joy of casting—of sharing the loop, the timing, the feel—with those who want to reconnect with the water and

themselves. I was lucky to learn from the best: Lefty, Joan, Rajeff's. And I carry those lessons forward every time I teach.

The Summer Solstice is more than just a long day—it's a turning point. A chance to realign with your gear, your favorite stretch of water, and that part of yourself that feels most alive outdoors.

If you're feeling the pull, follow it.

If you've been dreaming about your next cast, this is your sign. Let's make summer memories that last long after the sun sets.

Let's cast toward something beautiful.

"Cast to your dreams!"

Flow forward,
L-A




Jeanne and Linda are showing up Friday to celebrate Solstice in Belize for Jeanne's trip - Tarpon Frenzy! At 75 and 84 years young, these bad ass women are also coming back in August for [San Pedro Classic Fly Fishing Tournament](#)- Let's give a big SHOUT OUT for **Team Golden Hookers!**

Find Out About Becoming a Trip Leader for Belize Trips



This Solstice, I invite you to cast toward something that fills your soul.

 **Reel Belize Bonefish School 2026** is already filling up—**Lori-Ann Murphy** will be instructing along with **Reel Belize Guide Team**. Become an independent saltwater flats angler! OPEN TO ALL ANGLERS.

We keep it small so we can go deep: quality instruction, world-class flats, and a community of anglers who want more than just a trip—they want to belong.

Limited spots. Early birds always get the flats.

Reel Belize Bonefish School 2026



20% OFF
Women's Guide School
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The heart and soul of Reel Women Fly Fishing Adventures. As women guides we have been teaching and sharing since 1994. Go for it! You'll never look back.

Learn to row, learn to row for anglers. Take your fly fishing to the next level.

Join Lori-Ann, Anni Shores and the RWFFA guide team and row your boat! An action packed course that will put new direction in your life.

[We are happy to help you make this happen. Please contact Lori-Ann.](#)

20% OFF Women's Montana River Trips

**Lori-Ann Murphy
hosting/teaching all
Montana Trips 2025!**

That's right! The Madison and Yellowstone River Trips have space for you.

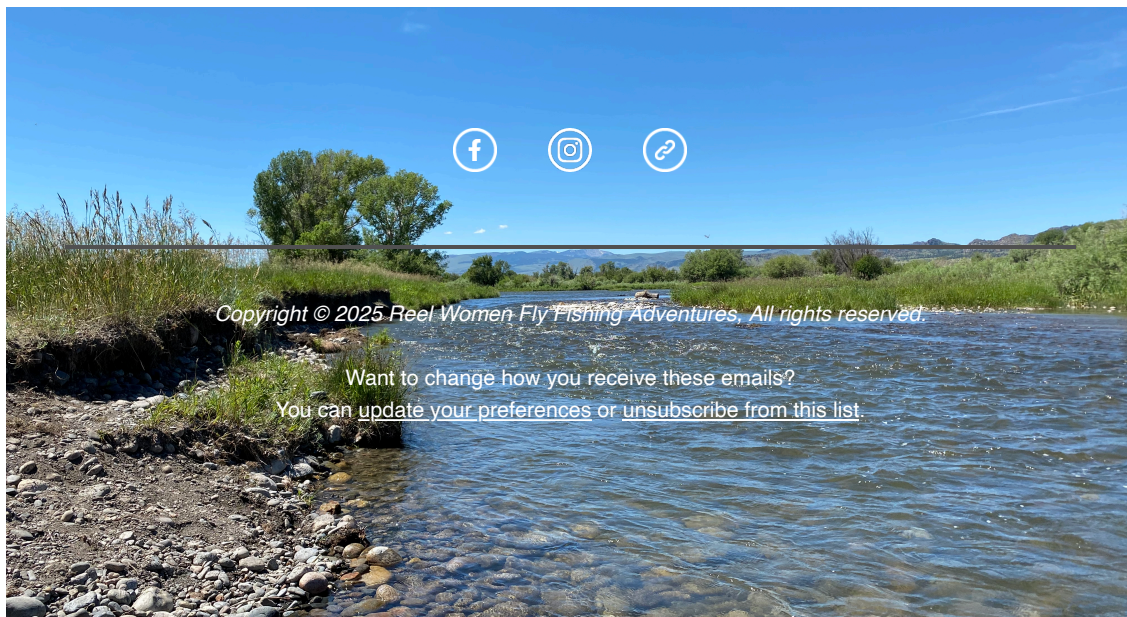
*Up your game. Fill your fly fishing soul. **Join Lori-Ann this summer with the RWFFA guide crew.***

[Find out more about this incredible offer.](#)

Find out more!



Join hosts: Rachel Finn, Rick Ruoff and Lori-Ann Murphy. April 1-11, 2026
Patagonia Baby! OPEN TO ALL ANGLERS



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