



Art of Belonging

Core Routines of Nature Connection

Friday

- 03:00 PM** - Arrival and Set-up
- 04:00 PM** - Welcoming Circle
- 06:30 PM** - Dinner
- 08:00 PM** - Opening Ceremony

Saturday

07:00 AM - Wake-up Call

09:00 AM - Routines

- Intro to the Core Routines of Nature Connection
- Animal Forms
- Fox Walking/ Owl Eyes
- Sit Spot Dialogs

11:30 AM - 12:30 PM - Bird Language: Nest Robbers

12:30 PM - 02:00 PM - Time to Wander and Connect with the Land

02:00 PM - 04:00 PM - Nature Games: Sensory Awareness Activities

- Meet a Tree
- String Walk
- Icky Stick
- Scout Sword



04:00 PM - 05:00 PM - Siesta
05:00 PM - Community Dinner Preparation
07:00 PM - Community Dinner
09:00 PM - Story of the Day Campfire Story

Sunday

07:00 AM - Wake-up Call
09:00 AM - Morning Routine; Movement, Walking Meditation, Sit Spot
10:00 AM - Cold Plunge

01:00 AM - 01:00 PM - Wander up the Mountain
02:00 PM - Closing Ceremony
03:30 PM - Go Home

FRIDAY

- On Friday afternoon, participants will arrive on the sunny side of our 27-acre private forest nestled above the banks of the Yakima River. They will be escorted to their private glamping tent, where they will spend the weekend.

- We will regather to introduce ourselves to each other and this place before sitting down to a local organic farm-to-table dinner prepared by our on-site chef.

That evening, we will gather around a fire to share more about who we are, where we are coming from, and what we hope to gain from this experience.



SATURDAY

- The next day, we'll start with coffee, conversation, and a light breakfast before diving into the day.

- We will begin by introducing the Nature Connection Core Routines. These are practices that can be found in place-based cultures all over the world. This includes some morning movement, walking meditation, and finding a comfortable place to sit. We will also do mapping exercises and have dialogues about our experiences on the landscape.

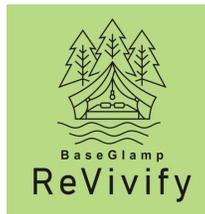
- We will then play a game to help deepen our understanding and connection to the bird world, learning to tune into the secret language of the birds that allows us to tap into the forest's distributed cognition.

- We'll have a free afternoon to explore the land, forage for plants, look for animal tracks, or relax by the river.

- We will then engage in sensory awareness activities to broaden and enhance our awareness of what is happening around us and deepen our connection to ourselves, each other, and this place.

- Following a brief siesta, we will assemble as a community to prepare and cook dinner together. Our on-site chef will help us in this process. We will share another essential core routine, the story of the day, as we sit down to this home-cooked meal.

Finally, we'll gather around the campfire to play games and listen to stories.



SUNDAY

- On our final day together, Sunday morning, we will go over our morning routine of movement, walking meditation, and sitting spot. We'll then have the chance to connect with the waters of this place by taking a spring-fed cold plunge. We'll spend the rest of the afternoon hiking up elk trails to the top of the mountain for a spectacular view of the eastern cascade mountain range.

- We will end our experience together by camping and sitting in a circle to share our experiences before heading off on our own adventures.