



DESERT INSTITUTE
JOSHUA TREE NATIONAL
PARK ASSOCIATION

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Yucca Valley, 92284

GENTLE HATHA FLOW & YOGA NIDRA

FIELD CLASS / FALL 2023

PROGRAM OVERVIEW

Participants will explore the interconnected relationship of the human experience and the Mojave Desert ecosystem through somatic movement, breath, and sensory practices. The course includes introduction of interactive, experiential tools and practices toward empowered well-being.

Each month the practice will feature an element of the desert environment: air, water, earth, sun, space. Participants will be invited to connect with their breath, movement and senses as they interact with representations of the element in both the internal human and external ecological landscape. This half-day class includes gentle yoga movement, guided breath practice, easy walk on trails adjacent to Black Rock Nature Center, and the option to journal or work with simple art supplies including watercolors, pencils, and ink.

INSTRUCTOR/GUIDE: Amanda B'Hymer

MEETING LOCATION

[Black Rock Nature Center](#), 9800 Black Rock Canyon Rd, Yucca Valley CA 92284

DATE and TIME

Sunday, September 24th from 3:30p - 5p

Sunday, October 29th from 3:30p - 5p

Sunday, November 19th, from 3:30p - 5p

Sunday, December 17th, from 3:30p - 5p

Please arrive on time; we start classes promptly, and in the case of hikes or other classes on the go, we cannot wait for students who arrive late.

ACTIVITY LEVEL: EASY

This accessible course is designed for all people. Participants may modify yoga and breath movement. There is a brief observational walk along a nature trail, but participants may choose to sit in observation for this activity. . Please contact us if you have questions about your ability to participate.

EXPERIENCE REQUIRED

None

WHAT'S INCLUDED

- First aid and emergency supplies for the group
- Yoga mat
- Yoga blanket
- Bolster
- Journals
- Writing, painting, and drawing supplies

WHAT'S NOT INCLUDED

- Meals
- Lodging
- Transportation

A NOTE FROM YOUR INSTRUCTOR/GUIDE

Optional casual welcome to the class.

GET TO KNOW YOUR INSTRUCTOR

Amanda is a Level 3 Optimal State Yoga Therapist with E-RYT 200, RYT 500 YA certifications. She has worked as a facilitator, teacher and guide since 1995. She became interested in experiential, environment-based learning while teaching in public schools, facilitating social service programs, and by guiding the Montessori method. She's passionately dedicated to sharing Therapeutic Yoga perspectives as modality toward more connected, embodied life experiences. Amanda is certified in Yoga and Mental Health, Yoga and Physical Health, Yoga and Ayurveda and Yoga Nidra

practices. She's created an environmental service learning curriculum, and outdoor leadership and adventure courses for public and nonprofit schools and organizations.

What is environmental service learning? I would like to know so we/I/you can add a few words there to articulate what that is. Also, I moved your E-RYT/RYT certs and credentials, as everything needs to be in paragraph format. You can rearrange as you see fit if this doesn't read right to you. I didn't add in the university studies, but if you want to add those into the paragraph in sentence format, we can do that.

PROGRAM AGENDA

Day 1

We're switching everything to paragraph format, just an easy narrative overview of what people can expect—you do not have to go into great detail or include times anywhere as your activity is short. Let me know if you need help with this.

SPECIAL NOTES ABOUT THIS ACTIVITY

Please allow ample travel time to arrive at the meeting location—extra time if you are meeting on a weekend morning (see FAQ notes about late arrivals.) Please make sure you check the weather ahead of time and dress accordingly. All participants are required to submit a [health questionnaire and participant waiver](#) ahead of time.

WHAT TO BRING

The essentials for all field courses

- Water, between 3 and 4 litres per person for a full day outing
- Food and snacks, easily packed and eaten in the field, for the duration of your course
- Close-toed athletic shoes or hiking boots; no sandals, not even hiking sandals!
- Sun protection: hat, sunglasses, sunscreen; light-colored long-sleeved shirts are recommended and very effective on hot days
- Warm layers for cooler mornings/evenings (it can be surprisingly cold!)
- Backpack to carry food, water, and any personal items you need for the day
- Notebook and pencil are always good to have

Required

- Loose breathable clothing, including socks (possibly 2 pairs: one for the walk and one for indoor use - shoes will be removed for indoor yoga work, bare feet and socked feet are suggested - layers as applicable to the weather forecast)
- Closed toed shoes for outdoor experience
- Snacks (hot or cold tea will be provided as well as light snacks)
- Water (there is water fountain on site for refills)
- Sun protection, including sunscreen, billed hats and/or sunglasses per seasonal indication

Recommended/optional

- Yoga mats and props are optional for those that would like to bring their own

FAQ

WHO DO I CONTACT IF I AM RUNNING LATE?

Please call our main line: 760-819-4714 and if no one answers, please call the Desert Institute coordinator, Benny Lopez: 949-241-9693.

For classes meeting in the park, please take into consideration the time it will take to go through the entrance gate—on weekends after 9am, you may wait up to 45 minutes! (15-20 minutes is typical.) For afternoon activities, you will also want to allot time to park, as parking lots tend to be congested between 10am and 4p in the busy season. **There is no cell service in the park**, so please plan accordingly!

WHAT IF I NEED TO CANCEL?

Desert Institute will provide a full refund if we are notified 14 days in advance. If we are notified less than 14 days in advance, we are unable to process refunds for any reason. (But we would like you to notify us if you are unable to attend.)

DOES DESERT INSTITUTE CANCEL ACTIVITIES FOR WEATHER OR LOW ENROLLMENT?

Desert Institute runs classes rain or shine, with the exception of astrophotography classes, which require mostly clear skies in order to be successful. If we do not meet our minimum of 4 registered participants for any given activity, we will cancel the activity with 48+ hours notice. We recommend that you purchase travel insurance, as we are unable to reimburse for expenses you incur due to a canceled class, such as airfare and hotel.

ARE THERE ANY THINGS I NEED TO DO TO PREPARE?

All participants must return the completed [health questionnaire and signed waiver](#) before the day of their activity. **Failure to do so will cancel your registration.** If your course enters Joshua Tree National Park, you must **download or print your park pass** ahead of the class, or you will pay the entrance fee at the gate, which is currently \$35 per vehicle.

CAN I BRING MY KIDS? MY SPOUSE? PETS?

Only registered participants may attend Desert Institute activities unless noted in the activity description. If this is a kid-friendly activity, please make sure your child(ren) meets the age requirements. As much as we love our pets, we don't allow them in the field with any of our activities.