



DESERT INSTITUTE
JOSHUA TREE NATIONAL
PARK ASSOCIATION

+1-760-819-4714
desertinstitute@joshuatree.org
55922 Twentynine Palms Highway,
Yucca Valley, 92284

REWILDING OURSELVES WITH PLANT SPIRIT MEDITATION

FIELD EXPERIENCE / FALL 2023

PROGRAM OVERVIEW

Plants are constantly speaking to us through their shape, size, color, taste, smell, and environment. In this workshop we will explore the many subtle (and not so subtle) ways that plants communicate with us. We can then use that knowledge to connect with nature and ourselves on a deeper, more meaningful level for better health and wellbeing.

This experiential workshop will take place under the canopy of an ancient oak tree in the beautiful Joshua Tree National Park, where we'll touch, taste, smell, and meditate with a few different plants that we find in our kitchens and out in nature. Discover how plants affect us physically, emotionally, and spiritually, and cultivate a more intuitive relationship to not only plants, but to yourself and the world around you.

MEETING LOCATION

[Live Oak picnic area](#) in Joshua Tree National Park approximately 6.5 miles from the north entrance station in Twentynine Palms.

DATE and TIME

October 1st, 2023 from 9am - noon

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

We will walk approximately 1 mile with little to no elevation gain/loss. Terrain may be uneven or sandy. Please contact us if you have questions about accommodations or your ability to participate.

EXPERIENCE REQUIRED

None

WHAT'S INCLUDED

- Admission to Joshua Tree National Park (please download or print your park pass ahead of time, or you will have to pay fees at the gate!)
- First aid and emergency supplies for the group

WHAT'S NOT INCLUDED

- Meals
- Lodging
- Transportation

GET TO KNOW YOUR INSTRUCTOR: Robyn McIntyre

Robyn is a bio-regional plant expert with over 160 hours of field work in plant identification for edible and medicinal purposes. In her spare time she crafts botanical skincare products and is also a mindfulness and meditation facilitator holding community meditation groups throughout the Joshua Tree region. Robyn spends much of her time running her life coaching business, Mojave Coaching, and prior to moving up to the high desert, ran a recruiting company focusing on the technology start-up sector in Los Angeles working with software engineers and technology executives.

PROGRAM AGENDA

We will begin the workshop with a brief introduction to plant communication before moving into a short meditation to ground ourselves. Participants will then be introduced to a few plants to engage the senses while we discuss the art of plant communication and interpret how we interact with certain plants based on our physical, emotional, and spiritual well-being. We will finish our session with a final meditation centered around one plant, connecting to the more subtle energies that they offer to us.

SPECIAL NOTES ABOUT THIS ACTIVITY

There is no cell service in the park! Print or download your park pass ahead of time, and 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 must**

complete the [health questionnaire and liability waiver](#) at least one day ahead of the program start date.

WHAT TO BRING

The essentials for all field courses

- Water, between 3 and 4 liters 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

Required for this course

- Journal or notebook
- pen/pencil

Recommended

- blanket or travel-chair to sit on

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.