



DESERT INSTITUTE
JOSHUA TREE NATIONAL
PARK ASSOCIATION

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55922 Twentynine Palms Highway,
Yucca Valley, 92284

DESERT BATH: AN IMMERSIVE EXPERIENCE

FIELD CLASS / SPRING 2024 / INSTRUCTOR: CINDI ANDERSON, PhD

SUNDAY, MAY 19TH, 12:00 PM - 2:00 PM

PROGRAM OVERVIEW

In this two-hour, easy walking workshop, you will learn about the healing powers of Nature through a fully-clothed but deeply immersive Desert Bath. This is a twist on Forest Bathing, a practice that began in Japan in the 1990s and has quickly grown in popularity in the West. Participants will bring body and mind together as they take a slow, mindful walk guided by mythologist Cindi Anderson, PhD, who will suggest new ways of enhancing connections to the surrounding landscape of wind-softened boulders and resilient flora. The practice involves engaging each of your five senses to tune into our intrinsic relationship to Nature and experience the desert in a deeper way. A growing body of research shows that this technique can help boost your mood, reduce stress, and even improve immunity.

PROGRAM AGENDA

We'll start with a short talk about the benefits of Desert Bathing, and then take a walk together, with the instructor giving prompts for participants to focus their five senses on the environment. After the group activity, there will be time for solo exploration and practice of the techniques, and we'll gather for a brief group share to close out the day.

MEETING LOCATION

[Indian Cove Campground, Group Campsite #9](#), 68917 Indian Cove Circle, Twentynine Palms, CA 92277

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.

REQUIRED PREPARATION

Waiver: All participants must complete the [participation waiver](#) at least 24 hours before a class begins. *Failure to do so may forfeit your right to participate.*

Park Pass (\$30 per vehicle): For classes inside Joshua Tree National Park, participants are now required to purchase a [park pass](#). You can purchase a park pass [online](#), or pay at a park entrance. If you have an existing pass, you may use that!

ACTIVITY LEVEL

Easy ▾ There will be slow, gentle walking involved, less than a mile. The terrain may be uneven. Please contact us if you have questions about your ability to participate.

WHAT'S INCLUDED

- First aid and emergency supplies for the group

WHAT'S NOT INCLUDED

- Admission to Joshua Tree National Park
- Meals, Lodging, or Transportation
- Writing essentials

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 (please leave no trace)
- 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

GET TO KNOW YOUR INSTRUCTOR

Cindi Anderson has her doctorate in Mythology and Archetypal Psychology, specializing in emerging themes and symbols in our personal and collective stories – think Dan Brown’s character, Robert Langdon, in the Da Vinci Code. After an extensive career in the music and television industries, she became a college professor, teaching Creative Writing, Story Mediums & Genres, and American Cinema to emerging artists and

storytellers. Her particular focus is the West's changing relationship with Nature and where civilization and wilderness intersect. She returned to Joshua Tree to advance her studies, because there is no better place to experience the magic of our landscape, which holds hidden meaning for us all.

A NOTE FROM CINDI

Hello Desert Explorers:

Over 3 million people come to this beautiful desert every year. I believe we are called here to experience something we cannot get anywhere else. We were once very connected to Nature and the wilderness of our amazing planet, but our busy lives, full of technology and distractions, have created a separation. The great news is that we can reconnect to Nature by using some simple, peaceful techniques that provide immediate healing results. I'm looking forward to helping us reconnect with our roots, our soil, our desert souls.

Here's to the adventure...

Cindi

SPECIAL NOTES ABOUT THIS ACTIVITY

There is no cell service in the park!

Please allow ample time to arrive at the meeting location; park entrances may be very busy on weekends (see FAQs). Please make sure you check weather conditions and dress accordingly.



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FAQ+ _

WHO DO I CONTACT IF I AM RUNNING LATE?

Desert Institute Manager Benny Erdahl: **949-241-9693**
or Education Director Dr. Justin Lenzi: **760-819-4714**

For classes meeting inside the park, it can take up to 45 minutes to go through an entrance gate on weekends after 9am (though 15-20 minutes is typical). Please 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***, please plan accordingly.

WHAT IF I NEED TO CANCEL?

Desert Institute will provide a full refund if we are notified more than 14 days in advance. We are unable to process refunds for *any* cancellations less than 14 days in advance.

DOES DESERT INSTITUTE CANCEL ACTIVITIES FOR WEATHER OR LOW ENROLLMENT?

If we do not meet our minimum of 6 registered participants for any given activity, we will likely cancel the activity with at least 48+ hours notice.

Desert Institute runs classes rain or shine, with the exception of astrophotography classes, which require mostly clear skies in order to be successful.

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.

WHAT IF I FORGOT SOMETHING I NEED?

Our visitor centers and park stores are stocked with amazing essentials for your adventure. Preview or purchase items from our [online shop](#); we carry [hats](#), [shirts](#), bandanas, water bottles, notebooks, [maps](#), [books](#). And more!

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) are registered and meet the age requirements.

As much as we love pets, we don't allow them in the field with any of our activities.

