

**DESERT INSTITUTE**

*at Joshua Tree National Park*

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Fall Session

2020

## **HIKING MY FEELINGS: Stepping into the Healing Power of Nature**

### **Information**

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Date/ Time: Friday, October 9, 3:00 pm – 8 pm  
Saturday, October 10, 8:00 am – 8:00 pm  
Sunday, October 11, 8:00 am – 2:00 pm

Meet at: [Joshua Tree Visitor Center](#) (click on the link for a map to the class site)  
6554 Park Blvd., Joshua Tree, CA 92252

Instructors: Sydney Williams

### **Overview**

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Have you ever spoken unkindly to yourself? Do you even realize when you do? Are you ready to make changes but find yourself completely paralyzed by the choices in front of you? We live in a hyper-connected, "always-on" world, and frankly? It's exhausting. Let's make time to disconnect from the distractions and reconnect with yourself.

Join Sydney Williams, author and founder of Hiking My Feelings, as she unpacks her "trauma pack", sharing the story of how hiking helped her reconnect to, and heal, her mind and body - kicking her limiting beliefs and Type 2 Diabetes to the curb in the process. *Hiking My Feelings: Stepping into the Healing Power of Nature* is more than a collection of trail tales - it's a guide to aid (or begin!) your healing journey, helping you do the work to step up into the best version of yourself. Learn how to connect the dots between trauma, how it manifests in our minds + bodies, and how the outdoors can help us heal. Books available for purchase + signing.

### **Itinerary**

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Friday, October 9, 3:00 pm – 8:30 pm

- 3 pm meet at Joshua Tree Visitor Center and caravan to Lost Horse Campground
- Set Up Camp, Settle In
- 5 pm - welcome ceremony with Sydney
- 6pm - dinner time (**bring your own meals!**)
- Storytelling starts at 7pm around the campfire

Saturday, October 10, 8:00 am – 8:00 pm

- 8:00 am - Pre-hike briefing + intention-setting
- 9:00 am – head out for a hike with Sydney (**Bring your lunch!**)
- 2:00 pm - return to camp
- 2-3:00 pm - post-hike stretching, group reflections
- 3-4:00 pm - wilderness wellness journaling
- 4-6:00 pm - group gratitude circle + guided self-discovery
- 6:00 pm - dinner time (**bring your own meals**)
- Storytelling starts at 7pm around the campfire

Sunday, October 11, 8:00 am – 2:00 pm

- 8:00 am - Pre-hike briefing + intention-setting
- 9:00 am – head out for a hike with Sydney (**Bring your lunch!**)
- 1:00 pm – 2:00 pm return to camp, post hike stretching
- 2:00 pm - hike ends

## What to Bring to the Course

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### *Camping Materials*

- Tent
- Sleeping bag
- Foam pad, blow up mattress or cot
- Cooler with ice
- Water (there is no water in the park or in our campground)
- Food
  - **Bring breakfast for Saturday and Sunday**
  - **Bring a lunch for Saturday and Sunday**
  - **Bring dinner for Friday and Saturday**
  - Snacks and beverages for campfire on Friday + Saturday night
- Cooking and eating utensils
- Lantern
- Flashlight (your headlamp will do just fine)
- Trash bags
- Toiletries and towel

### *The 10 Essentials: Everyday in the Desert*

- Small day pack or fanny pack
- 4 quarts of water
- Closed toe hiking shoes
- Lunch and snacks
- Clothing layers (be prepared for cold and windy or hot and dry)
- Brimmed Hat
- Sun glasses

- Sunscreen
- Notebook and pencil/pen
- Whistle

### ***Optional Equipment***

- Hiking poles

### **Fitness Requirements**

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Participants must be in good physical condition for courses/activities in a desert that may be hot, dry, windy, and sometimes surprisingly cold

### **Hike Level**

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Moderate

### **Guidelines**

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- You are responsible for your safety.
- Park your car in designated areas only. Parking along the side of the road is dangerous to you and the environment.
- Rattlesnakes are present in the desert. Avoid contact with wildlife. Put your hands and feet only where you can see them.
- Only you know your limits, please let the instructor or Desert Institute Representative know if you do not want to continue.
- Watch your step. Beware of uneven ground and obstacles.
- Stay with the group. If you get lost, stay put.
- Drink plenty of water. If you run out, notify the instructor or the Desert Institute Representative.
- Before leaving the class, check out with the Desert Institute Representative.

### **Instructor Biography**

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#### **SYDNEY WILLIAMS**

When former collegiate athlete and competitive skydiver, Sydney Williams, unexpectedly found herself on the receiving end of a Type 2 diabetes diagnosis, while grappling with unresolved trauma from a decades-old sexual assault, she set out on a mission: turn her pain into power. Two hikes across Catalina Island and 80 miles later, she founded Hiking My Feelings® to help others tap into the mind-body connection and healing power of nature that helped kick her self-limiting beliefs and disease into remission.

Having more than 12 years of marketing experience with Fortune 500 companies and emerging brands, Sydney serves up her “truth juice” style of storytelling to break wide open tough conversations with

practical, powerful content and experiences. Over the years, she's been featured on the SXSW stage, as well as in **Health Magazine, Diabetic Living Magazine, Huffington Post, Psychology Today, US News & World Report**, and numerous other publications. Today, she is the author of *Hiking My Feelings: Stepping Into the Healing Power of Nature* and travels across the country empowering others to summit their personal mountains on their way to becoming Well Beings.

### **Suggested Reading**

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*Hiking My Feelings: Stepping into the Healing Power of Nature*

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\* The Desert Institute staff/instructors will attempt to accommodate participant's needs; however we reserve the right to deny a student participation in the course due to concerns regarding health and safety issues.