

DESERT INSTITUTE

at Joshua Tree National Park

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Fall Session

2020

BLAZE YOUR OWN TRAIL TO SELF-LOVE: Tell Your Inner Critic to Take a Hike

Information

Date/ Time: Friday, November 27, 3:00 pm – 8 pm
Saturday, November 28, 8:00 am – 8:00 pm
Sunday, November 29, 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

This Thanksgiving weekend, skip the lines at the stores and #OptOutside with Hiking My Feelings and the Joshua Tree National Park Association for a retreat that brings us back to the important part of this weekend - gratitude - and centers wellness in the wilderness.

Join author and founder of Hiking My Feelings, Sydney Williams, to learn how to start a meaningful gratitude practice and how doing so can enrich all aspects of your life, increase resiliency, and aid in processing complex emotions and situations. Over the course of the retreat, you'll learn about limiting beliefs and discover how to develop a healthy relationship with your Inner Critic to overcome adversity and bring your whole self to life, love, and work.

This weekend retreat is a combination of guided self-discovery exercises, hiking, wilderness wellness practices, and community support.

Itinerary

Friday, November 27, 3:00 pm – 8 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, November 28, 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, November 29, 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

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

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

Moderate

Guidelines

- 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

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

Hiking My Feelings: Stepping into the Healing Power of Nature

* 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.