

**DESERT INSTITUTE**

*at Joshua Tree National Park*

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Fall Session

2020

## **HIKING MY FEELINGS: Using Mindful Movement to Open the Flow of Creativity**

### **Information**

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Date/ Time: Friday, December 11, 3:00 pm – 8 pm

Saturday, December 12, 8:00 am – 8:00 pm

Sunday, December 13, 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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2020 has been one for the record books. Regardless of how you were affected by quarantines, lockdowns, and sheltering in place, it's been a lot to process. Have you been taking time for yourself to reflect on what you really want? Are you stuck in a creative rut? Are you ready to make 2021 your Year of Creative Exploration? Sydney + Barry Williams have been hiking and brainstorming for years and it has revolutionized the way they live their lives and the way they do business. By combining mindset techniques acquired as a Division 1 athlete, competitive skydiver, and corporate executive, incorporating playful techniques from improv ("yes, and!"), and encouraging mindful movement, they've developed a personal reflection format to help you unlock your best ideas, open the flow of creativity, and improve your mental, spiritual, and physical health.

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

### **Itinerary**

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Friday, December 11, 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, December 12, 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, December 13, 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.