

Hike and Heal

Information

Date/ Time: Saturday, March 14, 9 am – 4 pm
Meet at: Black Rock Nature Center
9800 Black Rock Canyon Rd., Yucca Valley, CA
Instructor: Sydney Williams, Hike Leader, Author

Overview

Join Sydney Williams 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. Storytelling will be followed by a 6.5mi moderate hike with guided self-discovery exercises within Joshua Tree National Park.

Itinerary

Saturday, March 14, 9 am – 4 pm

Black Rock Nature Center

- 9-9:30am: Group introductions + intention setting for the experience
- 9:30-10:30am: Presentation
- 11:00am: Begin hike - Panorama Loop
- 12:30-1:30pm: Lunch and Learn **Bring your own food**
- 3pm: return to starting point, group close
- 4pm: end of event

What to Bring to the Course

Optional Class Materials

- Compass/GPS Device
- Camera
- Binoculars
- Field guides

The 10 Essentials: Every day in the Desert

- Day pack
- 4 quarts of water
- Closed toe hiking shoes-**No sandals or equivalent**
- Lunch and snacks
- Clothing layers
- Hat
- Sunglasses
- Sunscreen
- Notebook and pencil/pen
- Whistle

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: 6.5 miles round trip with an overall elevation gain of 1,108’.

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. This is a long hike; only go if you are confident in your balance and scrambling skills.
- 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

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 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.

* 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.