

at Joshua Tree National Park

74485 National Park Dr. Twentynine Palms, CA 92277

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Inner and Outer Landscape Retreat

Information

Date/ Time: Saturday, April 18, 8 am – 5 pm
Sunday, April 19, 8 am – 4 pm

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

Instructors: Caryn Davidson
Charlotte Burns

Overview

Immerse yourself in the park's spectacular landscape as you hike through it with two experienced desert naturalists. Discover the park's cultural history while gaining a better understanding of the human habitation patterns within the park's boundaries, learn how the landscape has shaped these people's lives, and how humans have changed the landscape over time. Easy hikes will originate from the campground, so no additional driving is required.

There will also be opportunities for reflection as we incorporate yoga sessions into the experience, which take place adjacent to the campsite. Please bring a mat; a limited number will be available to those who need one. Bring a journal or notebook as we will spend some time writing poetry or prose based on prompts and our individual observations. Hiking, yoga, and writing will allow us to focus on the surrounding landscape and our responses to it.

Instructors will assist you in setting up and breaking down camp. Firewood is provided so that the group can spend the evening around a campfire, enjoying one another's company free of screens, alerts, or ring tones.

This program will be conducted at the Lost Horse Campsite. Camping fees are included.

Itinerary

Saturday, April 18, 8 am – 5 pm

Joshua Tree Visitor Center, 6554 Park Blvd, Joshua Tree, Ca 92252

- Introduction of Leaders and Assistants

- Travel to campground
- Group Introductions - Unpack
- Morning Yoga Session
- Set up Camp
- Morning Hike from the Campground - Geology/Intro to the Landscape
- Lunch Break
- Afternoon Hike - Photography Tips - Journal Writing and/or Poetry
- Discussion of Current Threats to the Park - Climate Change
- Evening Yoga
- Campfire Time - How to Build a Campfire - Desert Safety

Sunday, April 19, 8 am – 4 pm

- Morning Yoga Session
- Breakfast
- Morning Hike - Human Habitation
- Writing from Prompts
- Lunch Break
- Review of Writing and Open Reading
- Wrap-up and Reading Recommendations
- Pack up Camp

What to Bring to the Course

- Comfortable Folding Chair
- (Optional) Camping Equipment and Food For the Weekend, such as
 - Tent
 - Sleeping bag
 - Foam pad, blow up mattress or cot
 - Cooler (ice may not be readily available so don't bring perishables)
 - Water (there is no water in the park or in our campground)
 - Food - Cook dinner in camp Saturday evening
 - Snacks and beverages for campfires Friday and Saturday night
 - Cooking and eating utensils
 - Lantern
 - Flashlight (your headlamp will do just fine)
 - Firewood
 - Trash bags
 - Toiletries and towel
- (Optional) hiking poles

The 10 Essentials: Everyday in the Desert

- Day pack
- 4 quarts of water
- Closed toe hiking shoes with “grippy” soles
- Food and snacks
- Clothing layers
- Hat
- Sun glasses/Sunscreen
- Flashlight
- 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

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 park. Avoid contact with wildlife. Put your hands and feet only where you can see them.
- 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 Desert Institute Representative.

Instructor Biography

CHARLOTTE BURNS was born in Palm Springs and she grew up scrambling on boulders, discovering treasures in desert washes and wildflowering. She spent four years as a naturalist at Whitewater, Mission Creek and Pioneertown Mountains Preserves, where she led family programs and school tours, educating others about the environment and the preciousness of water. She studied natural resources at College of the Desert and received her B.A. in Film and Media Studies at the University of California, Santa Barbara.

CARYN DAVIDSON completed her yoga teacher training at the White Lotus Foundation in Santa Barbara, CA. Caryn is a retired NPS Ranger who worked in the education branch at Joshua Tree National Park. She also managed the park's Artist-in-Residence program for ten years, helping structure and maintain an arts program that invited juried artists in a wide variety of disciplines to spend time working on projects related to desert themes. She then assumed the role of Director of Education at Big Morongo Canyon Preserve, part of Sand to Snow National Monument. Caryn is a published poet who believes passionately in the power of writing as a means of discovering one's singular voice.

* 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.