

1st Saturday Mindful Nature Experience

WHAT:

90-minute Mindful Nature Experience including:

- ~ Gentle Movement ~ Breathing & Centering Exercises ~ Walking with Awareness ~
- ~ Nature Meditation ~ Sharing Circle ~

All are welcome. The walk is about a mile long with small inclines.

We will be moving slowly and comfortably. If you would like more details, please feel free to contact us at wonderandgrow@gmail.com.

WHERE:

The Bargers' Nature Area

Plan to meet at the parking lot at the Scotts Ford Fishing Pier in South Elkins

WHEN:

1st Saturday of the month @ 10:00 am – 11:30 am

If you are not pre-registered, please arrive by 9:45 am to allow time to complete the proper paperwork and provide payment. We will start promptly at 10:00 am.

Please message us if you are running behind. :)

WHAT TO BRING:

- ~ **An open mind.** We ask participants to come without expectations. Each experience will be unique.
- ~ **Dress in layers** in weather appropriate clothing. First Saturday walks will not be canceled unless there are dangerous conditions, such as, high winds or below zero temperatures. Wear what you would be comfortable in for a day outside PLUS an extra layer, just in case.
- ~ **Comfortable shoes** for walking in the woods. Do not wear anything with a smooth tread. Be prepared for mud, water, and slightly uneven ground.
- ~ **A small backpack** is recommended (but not required) to carry water, a hot beverage, and/or extra layers.
- ~ **Something to sit on.** We will take time to sit for a short meditation. If you don't want to sit directly on the ground, a yoga block, camp seat, or part of an old yoga mat will work well.
- ~ **A small blanket for warmth.** This is not a necessity if you are dressed appropriately, but it may be helpful to have during the times we are not moving.
- ~ **Liability Release form completed.** This can be completed prior to arrival or on-site.
- ~ **Check or cash** will be accepted in person for those not pre-registered. Credit card payments can only be accepted online.
- ~ Guides will have a first aid kit, extra layers, and ponchos available. Don't stress too much about what to pack. Arrive ready to relax and just be.

WHO TO CONTACT:

If you have additional questions prior to the event, contact us at wonderandgrow@gmail.com.

On the morning of the event, text/call Kate Reed @ 304-590-1156 or

Valerie Warner @ 703-302-9582.



Wonder & Grow: Mindful Nature Experience, Inc. is a not for profit 501c(3). All proceeds go to support educational programs and operations for the organization. The organization's mission is to ignite a child's sense of wonder and grow their scientific understanding and connection with the natural world through curiosity driven exploration and mindfulness practices.