



Balanced
Rock

Yosemite Yoga Intensive

Evergreen Lodge & Yosemite National Park
Oct 1-7, 2018



Welcome Wild Yogis! We are so excited you will be joining Balanced Rock for this amazing 7-day intensive yoga study in Yosemite. This is the first module of our 2018-2019 WildYoga Teacher Training. Yosemite's flowing waters, tall pines, monolithic granite walls and the bold open sky will serve as our yoga studio throughout the program. If you haven't practiced yoga outdoors before, this is a wonderful opportunity and requires us to be more prepared and more open to the flow of the elements and weather.

We will begin our program at 10am on Monday, Oct 1st and finish by 4pm on Sunday, Oct 7th. Please **arrive to the classroom by 9:45am**, you may want to arrive earlier to the area to settle in and get acquainted with the space. The week will be full so please arrive rested, hydrated and ready to learn and share. We encourage you to do your best to tie up all those "loose ends" to be able to be fully present for the intensive. Food will not be provided so please plan accordingly.

Directions

Evergreen Lodge

33960 Evergreen, RD. Groveland, CA

[Link to Google Map](#)

On Monday, October 1st, at 12pm we will meet in the Cedar Room at the Evergreen Lodge to begin our program. The Cedar Room is located next to the Pool area. [Link to Facility Map.](#)



Tread lightly on the earth:

We encourage carpooling if at all possible and will send out contact info so you can coordinate rides amongst yourselves. Public transportation is available to Yosemite National Park from San Francisco and Oakland via the BART train, Amtrak, and the YARTS bus. Ask us for details if interested.

Food & Accommodation

Food and accommodation are not included in the tuition for the course. We will provide you with an additional document outlining accommodation options. For breakfast and dinner you can choose to eat at the Evergreen Lodge Restaurant or furnish your own meals. For lunch we request that you bring your meal packed and ready to go, as some of our days we will be away from the Lodge on field trips. There is no outdoor cooking allowed at the Evergreen Lodge.

Tentative Schedule of the Week

- October 1 Arrival 9:45am, Introduction to the Program and 5-Elements
Evergreen Lodge
- October 2 Earth Element: Setting the foundations for our practice
Merced Grove, YNP
- October 3 Water Element: Breathing into the flow
Hetch Hetchy, YNP
- October 4 Fire Element: Igniting the core
Evergreen Lodge and Stanislaus National Forest
- October 5 Air Element: Opening the heart
Big Meadow Vista, YNP
- October 6 Space Element: Connecting to sacred sound
Olmstead Pt Area, YNP
- October 7 Adjourn by 4pm, Summary, Review and Closing
Evergreen Lodge

General Daily Schedule

*Please note times are approximate and will vary based on field trip location, weather and needs of the group. This will be the tentative flow for days two through six of our Intensive.

- 6:30 Morning Practice
- 7:30 Breakfast on your own
- 8:30 Depart for field trip and hike to outdoor studio
- 9:30 Yoga Asana (physical practice)
- 12:00 Lunch (please pack a lunch for each day)
- 1:00 Anatomy and Physiology OR Yoga Philosophy
- 2:00 Yoga Asana (physical practice)
- 3:30 Questions, Discussion, Review and/or Journaling
- 4:00 Return to Evergreen Lodge
- 5:00 Dinner on your own
- 7:00 Evening Program
- 9:00 Adjourn



Gear

Please bring the following items:

- Yoga Mat, Meditation Cushion if you like (we will provide blocks, blankets, straps and bolsters)
- Journal, writing utensils
- Required texts (see below)
- Comfortable walking/hiking shoes
- Layers of clothing for all weather (hot/cold) and sun protection
- Water bottle and thermos for tea
- Daypack for field trips
- Sacred personal item to place on group altar
- Any musical instruments you like to play



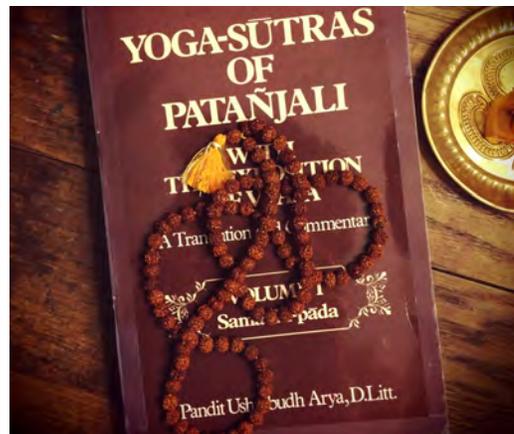
Textbooks

Required

- *Yoga of the Subtle Body* by Tias Little
- *The Bhagavadgita* (any version)
- *The Yoga Sutras* of Patanjali (any version)
- *Balanced Rock WildYoga Binder* (we will provide this for you)

Recommended

- *Anatomy of Yoga* by Leslie Kaminoff and Amy Edwards
- *Practice of the Wild* by Gary Snyder
- *Earth Sutra* by Christopher Key Chappelle
- *Yoga Body* by Judith Lasater
- *Anatomy of Movement* by Blandine Calais-Germain



Please read Tias Little's *Yoga of the Subtle Body* before the Intensive.

The only text included in your tuition is the WildYoga Binder. Please bring required texts to the intensive. We do have limited copies of these books in our loaner library for use during the intensive.

More Info

Mindful Practice & WildYoga

We will be delving into the wilderness within us through the path of mindful practice. The act of being mindful is simply a way of maintaining a higher level of awareness in our daily life action and thoughts. This practice may take place while walking, eating or sitting. Mindfulness in our daily actions is also strengthened through more formal instruction in the contemplative practices of yoga and meditation. Our intention in this course is to practice yoga from our first greetings through our final moment of departure and beyond.



Rather than limiting our contemplative practice to the yoga mat or meditation cushion, the practice of mindfulness infuses all of daily actions with a higher consciousness and intention. We hope to explore such approaches to mindfulness in an effort to allow for personal exploration, opening ourselves to being present with others, and the natural world.

Fitness

Generally speaking, the more fit you are the better you will feel on the course. In all of our Balanced Rock courses, in both tangible and metaphoric ways, we focus on the journey, rather than the destination. Whatever activities you currently do (walk, run, swim, climb, yoga etc.) please continue doing these.

Weather

We will do our best to prepare you for this adventure, but remember, things are always subject to change—weather can fluctuate, roads may close, both snowstorms and 70 degree afternoons can occur every month of the year here in Yosemite. We expect the weather to be moderately warm in the day and cold at night but mountain weather is always unpredictable. You can check the following [link for current weather and road conditions](#) in Yosemite National Park Please adhere to the gear list, which will prepare you for all weather.

Odd & Ends

Make sure you have what you need, and please don't be shy about calling and asking questions. Please empty your car of any scented items such as food, drinks, sunscreen, deodorant, etc., when you arrive. Bears will break into cars with food or odorous items in them or items that remind them of food, like empty ice chests or grocery bags. We will contact you in the weeks prior to the Intensive. **Feel free to call or email us with questions at any time!!!**

Instructors for the Intensive



Paula Wild, E-RYT 500, joined the Yosemite area community in 2011 seeking soul solace in wild landscapes. She is honored to serve as Director of Operations, Instructor and Guide for Balanced Rock, and aspires to share an attitude of life-long learning, empowerment and expansiveness with colleagues and course participants.

Paula is a masterful yoga instructor who most deeply enjoys practicing and teaching in nature's outdoor studio. She combines movement and breath-work to increase physical awareness, strength, and mental clarity.

Paula's classes elegantly weave yoga philosophy and bio-mechanical alignment into a thoughtful, enjoyable, and accessible practice. She has been studying yoga since 1999, holds over 1,000 hours of yoga teacher training certifications, and became a certified Yoga Therapist in 2015.

Paula also holds a Masters Degree in International Agricultural Development from UC-Davis, a certificate in Permaculture Design from the Regenerative Design Institute, and has studied extensively with Joanna Macy in the Work That Reconnects. She is fascinated by the overlap between the practice of yoga, mindfulness, and the design of sustainable livelihoods.



Heather Sullivan, E-RYT 200, RYT 500 has lived in the Yosemite area for over a decade. The steep granite valley walls, seasonal change of the river song, and community of animals and humans have deeply shaped her being, world-view and her yoga and teaching practice. Heather co-founded and served as the first Executive Director of Balanced Rock whose mission is to inspire health and well-being through deep connection to nature and spirit. In 2011 she assumed the role of Program Director where she blends her passion for guiding and group facilitation, self-care practices, communal

mountain living and crafting meals from local food. She is also co-founder Balanced Rock's predecessor organization Wild Women Workshops. Heather is both a yoga instructor and an accomplished backcountry guide with Yosemite/High Sierra, Alaska, and multiple Himalayan expeditions destinations under her belt. Her yoga classes blend Ashtanga flow, Iyengar alignment, and a strong connection to the rhythms and patterns of the natural world and the people that inhabit those landscapes. Recent endeavors to live in closer harmony with the earth include beekeeping, gardening, processing & sourcing local food. Heather is a licensed massage therapist with training in Shiatsu, Ayurvedic massage and Hawaiian Lomi Lomi technique. She works as a doula (birth assistant), is an avid bread baker, and if there is extra time enjoys rock-climbing, skiing, mountain rambling, and music.