



YELLOWSTONE
INSIGHT
MACNEIL LYONS GUIDING, LLC



YELLOWSTONE NATURE THERAPY RETREAT

September 24-26, 2021



Welcome to Yellowstone's Northern Range! Through a combination of field trips, hikes, discussions and field journaling, we will spend our days observing and learning about wolves and other wild creatures in their natural habitat. We will explore the similarity between human and non-human consciousness, self-awareness, and empathy, in order to broaden our own understanding of wilderness and our place in the world.

Your adventure will begin at the Yellowstone Overlook Campus with an evening welcome event. (We will pick you up in Livingston and drive you to your lodging facility)

Each day you will have the choice of various activities, including instructor led excursions, yoga and massage sessions, or the option to stay back at the Yellowstone Overlook Campus and simply enjoy the down-time. If you have your own optics, we encourage you to bring them. The instructor will be providing spotting scopes and binoculars to share. Our evenings will be spent around the campfire or on the deck sharing our discoveries and deepening our understanding of wild places.

In addition to learning about nature, you'll have the chance to relax and reflect while staying at the Yellowstone Overlook Campus. We hope you'll leave the retreat reenergized and with a deeper appreciation for nature.

Instructor

Shauna Baron, M.S., is our local expert on all things Yellowstone. She studied both large and small carnivores and has worked on a variety of endangered species recovery programs through the country. As a naturalist guide, she has been connecting people with nature for more than 25 years. Her programming includes custom tours for underprivileged youth and adults, as well as working with autistic youth and military veterans. An engaging storyteller, she brings a unique perspective to the secret inner-world of wild animals through mesmerizing personal accounts and years of observation. In her free time, she can be found hiking or skiing in the park or sitting on a hillside looking through a spotting scope, with a paint set in her lap or a book by her side.

Day 1: Friday September 24th:

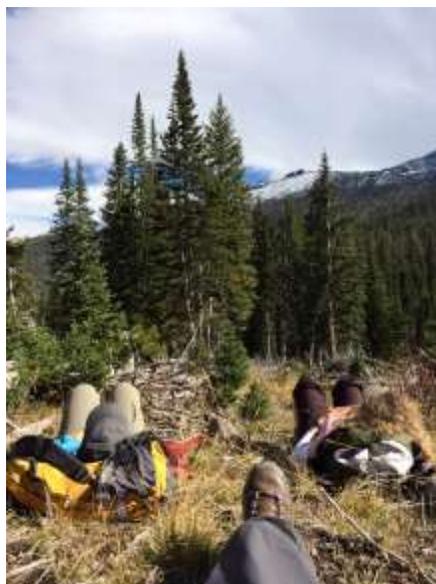
You will be picked up in Livingston at 2:30 pm at the ASPEN office, 411 East Callender St.

- 4:00pm -Check in at the Yellowstone Overlook Campus
- 5:00pm-Hors d'oeuvres with a View! Walk the property, sit on the deck, take in the view.
- 6:00pm-Orientation with YI Instructor and Aspen Staff
- 7:15pm-Dinner
- 8:30pm-Informal gathering to share our stories and get to know one another.



Day 2: Saturday, September 25th:

- 6:00am-Breakfast and make sack lunches
- 8:00am-Depart for wildlife watching in the field with YI Instructor, Shauna Baron
- Picnic lunch in the field
- Afternoon Hike and Journaling Activities
- 4:00pm-Return to the lodge, Possible Massage sessions available at this time
- 5:00pm-Cocktails and Hors d'oeuvres, Possible Massage sessions available at this time
- 6:00pm-Dinner
- 7:30pm-Optional Group Yoga Session or Personal Massage Session
- 8:30pm-Informal gathering on the deck to share stories from the day



Day 3: Sunday, September 26th:

- 6:00 am-Optional Group Yoga Session or Personal Massage Session
- 7:00 am-Make breakfast and pack sack lunches and Check out of Lodge
- 8:30 am-Depart for half-day naturalist excursion--Journal Activities and Picnic lunch in the field
- 2:00 pm-Closing Ceremonies with YI Instructor, Shauna Baron
- 3:00 pm-Drive to Livingston—Drop off participants

More Information on the Yellowstone Experience:

ARTISTIC PURSUITS:

The beauty of the surrounding countryside is always the perfect setting for journaling, drawing, painting and photography. Bring a pencil and a notepad and don't worry, even if you haven't used anything but a crayon lately, we'll teach you how to get started.

PERSONAL MASSAGE SESSIONS: personal massage will include choice of full body or just feet, hands or neck.

YOGA SESSIONS: Do not feel intimidated, even if you've never attended a yoga session, these sessions will be offered at a comfortable level to accommodate all. Even if you just join us to breathe deep, it can be incredibly therapeutic and refreshing.

HOW FIT DO YOU NEED TO BE?

This program has been set for all activity levels and may include leisurely hikes up to 3 mile per day. Due to the high elevations in the Park, we recommend you begin an exercise program right away if you have not already done so.

CODE OF ETHICS

Yellowstone Insight is committed to demonstrating a high standard of appropriate and ethical behavior in Yellowstone. As a participant in our program, we ask you to adhere to the following Code of Ethics. In addition to the ethics highlighted below, we will abide by all National Park

Service rules and regulations. We also practice Leave No Trace guidelines for traveling responsibly in the wilderness.

Observing Wildlife: We will do our best to have as little impact on wildlife as possible. Animals will be observed from a distance, using high powered spotting scopes to help keep our presence from affecting their behavior. Participants should not expect to get close-up photographs of wildlife. We will adhere to National Park Service regulations by keeping a minimum distance of 25 yards from bison, elk, bighorn sheep, deer, moose, coyotes, nesting birds, and 100 yards from bears and wolves. We will not entice wildlife with food, animal calls, or any actions that change their behavior.

Leave What You Find: It is illegal to remove natural or cultural artifacts (plants, animals, bones, rocks, etc.) from the park. Instructors have permission from the National Park Service to manipulate plants, rocks, bones, etc. for educational purposes, and will return them to their natural positions and locations.

Travel Lightly: We will use existing trails while hiking or walking in Yellowstone. We will follow appropriate techniques when walking off-trail. Walking around muddy or wet places in the trail increases erosion and negatively affects the resource; proper equipment is essential to hiking ethically. Participants should come adequately prepared with the equipment listed for their course and should expect to walk through mud, snow, or puddles in the trail.

Thank you for helping us set a good example in Yellowstone!

GENERAL CLOTHING AND EQUIPMENT LIST

Much of your time will be spent outdoors and all programs are held rain, snow or shine. You should be prepared for a variety of mountain weather conditions and temperatures. Appropriate clothing, equipment, and footwear are very important. Temperatures can range from mid 30s in the mornings to 80 degrees Fahrenheit in the early afternoons. The layered use of garments for protection against the wind, sun, and temperature extremes should guide your clothing choices. Loose fitting layers allow you to maintain a comfortable and dry body as outside temperatures change and as your own body's temperature and moisture output changes with different levels of exertion.

If you need clothing, equipment or gear, please contact the Aspen Staff and we will outfit you accordingly.

EQUIPMENT:

- Daypack** with enough capacity to carry extra clothes, water, lunch, camera, binoculars and a field journal.
- Water bottle.** One quart is the minimum recommended.
- Sunglasses**
- Sunscreen/lip protector.** Sun at high altitude can burn unprotected skin quickly.
- Camera, binoculars**
- Notebook/Field Journal/pencil** or any other drawing and painting materials you use.

CLOTHING:

- Insulating Underwear:** A light weight is adequate for early morning departures.
- Lightweight Insulating Layer:** A synthetic fleece shirt, wool sweater or sweatshirt to layer under your jacket is a good choice.
- Wind/Rain Jacket and Pants:** A layer that breaks the wind yet breathes is important. Gore-Tex shells do both but are expensive. Look for a coated nylon jacket that can block wind and

rain and is economical. A jacket with a hood is a plus. Wind pants should be wind/water resistant and loose fitting.

- Shirts:** Cotton t-shirts are okay, but synthetic shirts are ideal because they wick moisture away from the body.
- Pants:** Synthetic hiking pants, lightweight pile/fleece pants or tights, or similar pants. Sweatpants or yoga pants for yoga sessions and jeans for casual wear in the evening.
- Hat:** Bring two, a brimmed hat to protect you from the sun and an insulating winter hat for cold weather.
- Gloves:** Lightweight gloves for possible early winter conditions.
- Socks:** Wool or synthetic. Cotton socks do not wick moisture and are not recommended.
- Hiking Boots or Hiking Shoes:** You do not need to go out and buy an expensive pair of boots, but the weather can be quite variable this time of year. You'll want something that has good traction and can keep your feet warm and fairly dry if it rains or snows.
- Off-duty Shoes:** Slippers, sandals, athletic shoes, or other leisure footwear.

Please note:

There is little to no cell phone reception throughout the park. If there is an emergency, please have your family and friends call the ASPEN support line 222-8154.

If you have any questions before your trip please contact Rebecca Ruhd at 222-5902 x3.