

Building Strong Naturalist Communities: A Retreat to Nurture & Celebrate

May 23rd - 26th, 2008 (Memorial Day Weekend)
5pm Friday - 1pm Monday

This event is for:

- ~Wilderness community teachers, leaders, dedicated families and individuals
- ~Local community-based earth activists

Why a Retreat? Yes, it's true. Even as dedicated Nature Educators, we tend to forget to give ourselves the much needed time to rest, play, and soak in the people and the Earth we love. Everybody needs it. Spending quality time with the earth and with loved ones, connecting to the deep meanings in our lives, and creating peace in body and mind will nurture you, your family and your community!

The goal of this retreat is to foster connections within and between communities, and rejuvenate, recharge and restore bodies, minds and hearts. We will "get the energy moving" through naturalist activities, crafts, play, exercise and bodywork, pure celebration, visioning, music, dance, theater and the arts!

BSNC was born out of a desire for the wilderness organizations of the northeast region to identify, network, celebrate and vision on a community level. BSNC was hosted by Vermont Wilderness School in 2006, and White Pine Programs in 2007.

Tentative schedule (Final schedule to come):

Friday

3-5pm: Arrivals, registration & getting settled
Dinner & socializing
Bonfire w/songs & stories
Bedtime

Saturday & Sunday

Wakeup ~ Yoga, Sit Spots
Breakfast
Naturalist/Craft Time 1
Naturalist/Craft Time 2
Lunch
Adventure Time
Nature Games &
Natural Materials Bartering
Rest/Socializing/Bodywork
Dinner
Party Time & Community Music Jam
Bonfire...theater, songs,
story-weaving, vision-sharing
Bedtime

Monday

Wakeup ~ Yoga, Sit Spots
Breakfast
Community Games
Closing Circle
Pack-up & pre-clean
Lunch
1pm Departures

Please let us know if you have a craft - using natural materials from your land - you would like to lead others in making during the retreat!

Activities for children will be running simultaneously to adult activities

Location, Lodging & Food: Flying Deer Nature Center offers the beautiful Taconic hills (including endless forest, meadows, swamps, streams, a pond and a mudpit) of the Abode of the Message intentional community in New Lebanon, NY. The retreat cost includes lodging (your choice of tenting or small cabins) and homemade organic food. *Please let us know if you need less rustic accommodations.*

What To Bring: Tenting and bedding, clothing suitable for outdoor weather and getting really dirty; musical instruments; earth materials from your bioregion for trading and crafting

Contact Info:

BSNC@flyingdeernaturecenter.org
518.794.6687
5 Abode Rd. New Lebanon, NY 12125

Cost & Registration: Early Registration deadline is April 15th.
Child (4 to 11)—Early \$60, Late \$75
Youth (12 to 16)—Early \$105, Late \$125
Adult—Early \$190, Late \$210
Commuting Adult (including meals) - Early \$145, Late \$165



Registration Form

One registration form per family

Adult Names _____

Children's Names & Ages _____

Local Community _____

Address _____ City, State, Zip _____

Phone _____ Email _____

Amount Enclosed _____