

Frequently Asked Questions

What can I expect from this experience?

In this retreat, you will learn ways of connecting with self and with the natural world that, perhaps, you never have before. This new experience is yours to keep forever, and take with you all those other times you'll be going camping and hiking.

Many people who mindfully connect with nature report having a revolutionary shift in the way they see the "more than human world," and take that perspective into their daily operations, including slowing down to be more present, increased gratitude for what they have, and contentment.

Why would I pay for something like this when I can just go camping and hiking myself?

The other answer to this question starts with a question. How often do you go camping and/or hiking without interruption, obligation, distraction? Many of us have this mindset toward simple concepts, such as mindfulness and nature connection. It's so easy, I'll just do it myself. The truth is, however, we often talk about doing it more than we actually do it. This is an opportunity to actually do it, and maybe learn something new about yourself, mindfulness, or the natural world.

Do I need to buy a bunch of expensive gear?

Though you will need basic camping gear, like a tent and a sleeping bag, you will not need to open a charge account at REI for this event. You may want to purchase some specific items, like a hiking backpack, hiking shoes, head lamp, etc., but those are not necessary.

Any backpack that will fit your clothes, tent, sleeping bag will do. Any comfortable athletic shoes will work for this. If you want to invest in some more supportive shoes/boots made for hiking, go for it.

You may want to invest in a sleeping pad to go under your sleeping bag. It helps regulate the ground temperature, and is more comfortable than sleeping directly on rocks and roots.

A complete list of required and recommended items to bring can be found [here](#).

Since this is a Retreat, I just want to do my own thing and relax. Will I have time for that?

Yes. There will be plenty of self-guided time for you to relax, take an extra walk in the woods, sleep, or whatever you'd like to do.

We'll be in the forest. Are the hosts qualified to keep us safe?

Yes, Patrick Bryant is a Certified Mindful Outdoor Guide, and has training in Wilderness First Aid. David Orozco has years of experience hiking in the mountains and national forests, and is certified in CPR and First Aid.

What if it rains, or the weather is bad?

If the weather is forecasted to be unsafe during the dates for this trip, we will postpone to the make-up dates, which are the following weekend. If weather requires us to change the dates, we'll notify you as soon as possible. Weather can be unpredictable, especially in Georgia. Bring a rain jacket, just in case you need it.

What if I register, but cannot make the trip?

If you have registered for this event, but cannot attend, we will issue a credit for the full amount you paid. This credit can be used for future events. There are no refunds.