**Wild Wonderful Women in the Woods September 22-24, 2017 at the Yew Mountain Center** *(early draft more details to follow)*

Facilitators/Presenters: Ginny Lane, Anna Osborne, Cari Cohen, Kristen Lecroy, Marlyn McClendon, Erica Marks.

Course content: You don’t have to be a survivalist to feel at home in the woods. This weekend is about finding inspiration and your comfy zone in nature. Yoga, forest fitness, wild plant medicine & food, woodland skills, delicious healthy meals, crafts, and music…choose to do it all, or take this time to breathe, rest, meander at your own pace.

*We keep our programs small so we can be flexible to address the needs of individuals and the group. Let us know how we can make this weekend work for you!*

Schedule: (subject to minor changes)

**Friday, September 22**

3-7:00pm Participants arrive, settle in, explore.

6-7:30pm Buffet style dinner.

7:30pm Welcome campfire with facilitators. Live music by Amy McIntire. Fire Dancing with Cari Cohen. Participants let us know what they hope to get out of the weekend.

**Saturday, September 23**

7:00 am Yoga

7:30-8:30 am breakfast

9:00 Inspirations and personal project

10am wild plant medicine & nature walk

12:30-1 picnic lunch

1-4 free time (crafts, forest fitness, canoeing, naps, field trips…)

4:00 pm Make fizzy fermented drinks (kombucha, rootbeer…)

6:00Dinner

7:00 Paint party (community event)

9:30 Campfire (retreat guests only)

**Sunday, July 9 September 24**

8:00 Yoga

9-10 inspirations and personal projects

10 Brunch

11 Nature walk

1:00 wrap up, course evaluations, good-byes

1:30 End of facilitated program.

Guests check-out by 5 pm or extend stay.

Costs: *Reserve your spot for $100 at* [www.yewmountain.org/yew-shop](http://www.yewmountain.org/yew-shop)or call 304-653-4079. *This deposit is refundable up to 1 week. before course. Full payment is due at time of arrival.* Please see special rates and conditions on our program page if you are a local resident. Scholarships are available. Preference given to local residents but all may apply. Find the application on program page.

**Program Tuition:** Per person age 3+ $100 (Children’s activities provided for ages 3 and up. Babysitting for under 3 may be available for an extra fee.)

**Meals:** Must be purchased with a program. Includes 6 meals and snacks. We can accommodate special diets. Please provide these details on web form when paying your deposit online. Food is fresh, local, and organic when possible.

**Materials Fee:** There are no materials fees for the Wild Wonderful Women in the Woods weekend.

**Lodging:** 2 nights lodging must be purchased with a program.

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| **ITEM** | **UNIT COST** | **NUMBER** | **$ Total** |
| **Tuition Adult (18yrs. +)** | **$100** | **X** |  | **=** |  |
| **Child (over 3)** | **$50** | **X** |  | **=** |  |
| **Meals and snacks, Adult** | **$80** | **X** |  | **=** |  |
| **Meals and snacks, Child (5-12, under 5 free)** | **$40** | **X** |  | **=** |  |
| **Lodging: 2 nights in Lodge** | **$160** | **X** |  | **=** |  |
| **~~Lodging: 2 nights single bed in bunkhouse~~** | **~~$50~~** | **X** |  | **=** | **coming soon** |
| **Lodging: 2 nights camping w/ electric** | **$40** | **X** |  | **=** |  |
| **Lodging: 2 nights camping, primitive** | **$30** | **X** |  | **=** |  |
| **Total Cost** |  |

**Good things to bring:** binoculars (we’ll have a few you can check-out,) insect repellant (we sell effective, locally made all-natural repellant,) sunscreen (we sell a locally made natural sunscreen too!), closed toe shoes, long pants and sleeves, hat, jacket, a swimsuit (for the pond or river excursions), favorite field guides (we have some you can check-out,) notebook.

**Good things to know:**

* AT&T cellular service works pretty well. Others do not.
* We have a land line you may us e: 304-653-4079.
* We have WIFI, but it is quite limited. Enjoy unplugging, if you can.
* The closest grocery stores are in Lewisburg (50 min.) or Marlinton (35 min.)
* We have limited refrigerator space if you would like to bring special food. We ask that you don’t store food in your rooms. We have storage bins for this purpose.
* BYO-Adult beverages to enjoy responsibly if you are old enough.
* Our rooms and buildings are non-smoking and we use unscented, natural cleaning products.
* To protect the ecology of our pond, we ask that swimmers use non-toxic natural sunscreen and/or bug repellant if they use any.
* We have one guest room where pets are allowed for an additional charge of $50. Pets must remain on a leash and are not allowed in common rooms (service animals excepted.)
* All participants must sign a standard Waiver and Release form. Available on our website (soon).
* We are a small, community run non-profit and highly motivated to make this center the best resource it can be. The YMC is a constant work in progress. We welcome your ideas and feedback.
* Your participation in our weekend programs supports local experiential education and stewardship. Thank you!

**Driving Directions:**

Please do not rely on GPS devices to find the Yew Mountain Center.   Cellular service is unreliable in our area and the directions may send you up a treacherous old logging road. The Yew Mountain Center is on a paved, well-maintained county road.  It is a winding, narrow road, so we suggest traveling slowly and enjoying the scenery.  In the winter, contact us for current road conditions.

*From I- 81 North of Lexington  (No. VA, DC)*

* Take Exit 175 to I-64 West.
* Take Exit 169 to Lewisburg then follow the FROM LEWISBURG  directions

*From I-81 South of Lexington (Roanoke, Blacksburg)*

* Take Exit 150 at Daleville to 220 North
* Continue N. on 220 to I-64 W (Covington)
* Take Exit 169 to Lewisburg then follow the FROM LEWISBURG  directions

*From Lewisburg, WV*

* Drive North on 219 for 24.6 miles. Just past Tom's Barber shop on the left, turn Left on **Lobelia Road.**  Set your trip: 3.4(This turn is past Beartown S.P. and before Droop Mt. Battlefield S.P.  The sign for Lobelia Rd. is on the right, but the road is on the left!
* Stay right on Lobelia Rd at the intersection with Jacox Rd (after about 2 miles.) Continue about 1.5mi to the YMC on left.

*From Marlinton, Elkins and other northern WV communities*

* Drive South on 219 through Hillsboro, WV. (In Hillsboro, you will see the northern end of the Lobelia loop road.  Do not turn here.)
* Continue past Hillsboro and climb Droop Mountain.  Past the entrances to Droop Mountain Battlefield State Park, look for Lobelia Road.  (The sign is on the left but the road is to the right.  If you get to signs for Beartown State park or start going down the mountain, you’ve gone too far on 219.)
* Turn right on Lobelia Rd.
* Stay right on Lobelia Rd at the intersection with Jacox Road (after about 2 miles)
* Continue for about 1.5 miles to the Yew Mountain Center on the lef