



# Mindfulness Catalogue

Outdoor Pursuits Programme

# Purposes and format

## Primary purposes

While we offer mostly Outdoor Pursuits, this one suggests an “Indoor” Pursuit. These trips involve no exertion of any kind.

Intentionally disconnect to better (re)connect with our Self.

Promote holistic well-being through retreats in natural environments by engaging in or being introduced to simple contemplative practices, tools that will be available to the participants even after the retreats.

## Format

The retreats include the following contemplative practices: fundamentals of breath work; guided relaxation and meditation; the state of yoga; mindful activities (walking, eating, etc.); creative artwork; journaling; practices of silence, stillness, solitude; and more...

Everyone contributes to setting camp, cooking, washing dishes, and any camping-related chores.

# Mindfulness Trips Catalogue

## Lower Secondary trips

(M1 to M4)

Discovery to Lengijave

Exploration to Simba Farm

## Upper Secondary trips

(M5 to D2)

Discovery to Lengijave

Exploration to Simba Farm

# Lower Secondary Discovery to Lengijave

## Summary

Two days, one night trip for lower secondary students (M1 to M4) curious about contemplative practices while being in nature. On this trip, we initiate students to the fundamentals of breathing and yoga, and engage in fun games and creative artwork. These retreats are short and allow just the right amount of time to create space for well-being.

School staff-student ratio = 1 for 8.  
Yoga guide = 1 for 10.

## Itinerary

### **Day 1**

On arrival, we get acquainted with the environment, then set camp. In groups, we engage in the different activities presented in the itinerary. The afternoon will be dedicated to art work and fun games. After dinner, we gather around the campfire before bed.

### **Day 2**

Early wake up, sunrise contemplation, then yoga practice, then breakfast. After one last activity, we break camp and return to school. Students will be back before lunch.

## Fitness requirement

None.

## Minimal outdoor experience requirement

None.

# Lower Secondary Exploration to Simba Farm

## Summary

Two days, one night trip for lower secondary students (M1 to M4) curious about contemplative practices while being in nature. On this trip, we pursue the practices integrated on the Discovery trip and extend some of these practices.

School staff-student ratio = 1 for 8.  
Yoga guide = 1 for 10.

## Itinerary

### **Day 1**

On arrival, we get acquainted with the environment, then set camp. In groups, we engage in the different activities presented in the itinerary. After dinner, we gather around the campfire before bed.

### **Day 2**

Early wake up, sunrise contemplation, then yoga practice, then breakfast. After one last activity, we break camp and return to school. Students will be back before lunch.

## Fitness requirement

None.

## Minimal outdoor experience requirement

None.

# Upper Secondary Discovery to Lengijave

## Summary

Two days, one night trip for upper secondary students (M5 to D2) curious about contemplative practices while being in nature. On this trip, we initiate students to the fundamentals of breathing and yoga, and engage in fun games and creative artwork. These retreats are short and allow just the right amount of time to create space for well-being.

School staff-student ratio = 1 for 8.  
Yoga guide = 1 for 10.

## Itinerary

### **Day 1**

On arrival, we get acquainted with the environment, then set camp. In groups, we engage in the different activities presented in the itinerary. The afternoon will be dedicated to art work and fun games. After dinner, we gather around the campfire before bed.

### **Day 2**

Early wake up, sunrise contemplation, then yoga practice, then breakfast. After one last activity, we break camp and return to school. Students will be back before lunch.

## Fitness requirement

None.

## Minimal outdoor experience requirement

None.

# Upper Secondary Exploration to Simba Farm

## Summary

Two days, one night trip for upper secondary students (M5 to D2) curious about contemplative practices while being in nature. On this trip, we pursue the practices integrated on the Discovery trip and extend some of these practices.

School staff-student ratio = 1 for 8.

Yoga guide = 1 for 10.

## Itinerary

### **Day 1**

On arrival, we get acquainted with the environment, then set camp. In groups, we engage in the different activities presented in the itinerary. After dinner, we gather around the campfire before bed.

### **Day 2**

Early wake up, sunrise contemplation, then yoga practice, then breakfast. After one last activity, we break camp and return to school. Students will be back before lunch.

## Fitness requirement

None.

## Minimal outdoor experience requirement

None.