

Welcome



Mindul Birding

G25060403

with Holly Thomas

June 27-29, 2025

Welcome Mindful Birders!

I look forward to spending time with you exploring the beauty and wonder of Ghost Ranch with the birds as our guides!

Join me as we co-create this weekend with a blend of birding walks, sit spots, guided meditation, journaling, and conversation.

The many trails and sit spots of the Ghost Ranch invite exploration and quiet contemplation, tuning in to the sights and sounds of the birds we may encounter.

On the day you arrive, we will meet after dinner to circle up and get to know each other a little and discuss the coming day's activities. Depending on the weather, since the summer days are long, we may take an evening stroll or walk the labyrinth or find a quiet spot to sit and notice the birds and the onset of night.

The next day, we will explore through gentle hikes and sit spots - see the sample schedule.

Other things to know and bring:

Binoculars. I will bring along a spotting scope, though I don't know if we will really need it for birds. Sometimes it is fun in the evening to look at the moon or planets.

The yoga studio - where we may practice a little mindful movement or have a guided meditation like yoga nidra - is well equipped with yoga mats, blankets, bolsters, etc. but if you prefer to bring along your own yoga mat or props, feel free to bring those along with you.

Please bring along a journal and pen/pencils - in case you would like to journal or sketch - we will have some time for this.

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Important things to keep you comfortable during our time together :

Comfortable clothing - This might mean layering for both warmth and sun protection. Mornings can be chilly, while it can heat up significantly during the day, and the sun is very strong. We may be out in the evenings too, so keep this in mind. Pack for cool mornings/evenings and warm days. There is a possibility of rain, so please bring rain gear just in case. Sunscreen, hat, sunglasses.

Whatever footwear feels best to you for trails - some are sandy or rocky with uneven surfaces. Hiking boots or sneakers. (I like minimalist footwear, but this does not work for a lot of people – you know your feet and body best)

Perhaps trekking poles if that gives you more support. I often hike with them.

A flashlight, headlamp or if your phone has a flashlight function, this can be helpful if we are out after dark

Refillable water bottle and/or coffee/tea thermos

We'll enjoy dinner Friday, three meals on Saturday and breakfast Sunday, but please bring any special snacks or food items you might like in addition.

Curiosity, sense of humor, openness to awe and wonder!

Please email me htbern1@sbcglobal.net directly to let me know if there is any way I can accommodate you to make this weekend a better experience for you.

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Itinerary:

Sample schedule: (Actual schedule may vary a bit depending on weather and other factors) Sessions may include birding, hiking, sit spots, journaling, stargazing, sharing, mindful movement, guided meditations)

Friday

5:30 - 6:30 pm Dinner

7 - 9 pm Welcome, introductions, evening session

Saturday

Optional sunrise morning chorus/birding sit/meander

7:30- 8:30 am Breakfast

8:45 - 11:45 am Morning birding walk and sit spots, journaling

12 noon Lunch

Free time – enjoy other ranch activities - rest, hike, whatever you like

3-5pm Optional birding wander/sit spot TBA

5:30 - 6:30 Dinner

7 -9 pm Evening session: example activities might be: evening walk, yoga nidra, circle sharing, reflections

Sunday

7:30 - 8:30 am Breakfast

10 am Checkout