



Hiking and Mindfulness

G26090307

with Jesse Fisher and Erin Fisher

September 20-26, 2026

Welcome to HIKING AND MINDFULNESS!

Hello All!

Erin and I are very excited to welcome you to this program! As we are embarking on active hikes and practicing restorative yoga, we want to make sure that you are well prepared for your week-long journey. As a reminder, specific course descriptions and instructor bio can be found on the main program listing.

Prior to our first full day, we will meet for an orientation and have a brief meeting amongst ourselves to answer questions and get to know each other a little. As we progress through the week, the hiking will get more rigorous. As many are coming from lower elevations, we will start with an easier, shorter hike the first day and ramp up through the week, then end with a very relaxing, restorative day.



For the yoga portion of this program, we encourage you to have openness to explore mindfulness, movement, and breath that may be new to you. No prior yoga experience is required. Mindfulness and movement are for everyone!

Below is a more thorough description of the terrain and yoga components. You can find a detailed itinerary separate from this document.

TERRAIN:

- All hikes above 6,000ft in elevation, and 3-8mi
- Terrain involves deep sand, steep and rocky ledges, abrasive and soft sandstone, elevations potentially reaching 9,000-10,000ft (only one hike)
- Abilities required for this terrain are: generally good fitness level, able to use hands and feet to climb up short ledges, willingness to stay as a group
- We will be seeing badlands areas, vibrant colored sandstone, hiking ridges, and venturing a day into the lush Jemez Mountains nearby

YOGA:

- Likely in the yurt in a centralized location on Ghost Ranch, but sessions may be done outside, weather permitting. All mats and props included, no shoes required.
- Guided mindfulness prompts and practices throughout the course.
- Physical yoga sessions with the intention to stretch, relax, decompress, and complement the rigorous days of hiking.



- Intentionally curated music and sound to accompany the practices where appropriate.
- Aromatherapy may be offered
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Bring comfortable clothing that you can move, stretch, and relax in

ITEMS TO BRING –

- Day hiking pack for carrying water, clothing layers, snacks, etc. – Whatever is comfortable to carry, but do not just carry a water bottle. Have enough space for 2L of water or more. Hydration reservoirs are great if you have a pack that integrates one.
- Flashlight or head lamp
- Yoga Clothes – For up to 3 sessions. Comfortable clothing that you can move, stretch, and relax in.
- Sunscreen
- A hat, bandana, or buff – It may get up to above 90 degrees, but hopefully it'll be between 70-80 degrees. Usually, afternoon monsoons cool off the temperatures.
- Layers. Rain jacket while hiking will be strongly encouraged, as storms in the desert can come suddenly. It is a nice shell for wind as well. I like hiking in sun hoodies to avoid sunburns.
- Good shoes for off-trail hikes, steep terrain, sand, and abrasive sandstone – Vibram outsoles are ideal, but solid tread is a must. Do not hike in road running tennis shoes. If you want to hike in sandals like



Chacos or Tevas, those are fine, but I'd recommend against it due to the sandy, harsh terrain, many spiny plants, and wildlife (rattlesnakes).

- Jacket - It can get below 50 degrees at night with the high elevation (6,500ft)!
- Lip balm
- Sunglasses
- Bug spray
- Camera/Phone - The views will be amazing!
- Swimsuit - We may take a dip in Abiquiu Lake, the Chama River, or even Hot Springs!

***Please bring any specific personal medications needed. I will have an extensive first aid kit with me for any minor/major issues while hiking.

'LEAVE NO TRACE' PRINCIPLES: All human waste will either need to be buried or carried out while hiking. 'Wag bags' are great to use but not provided. Ziploc bags work for toilet paper to go in. Plan for your own bodily needs.

Lastly, bring a good attitude! The desert has so much to offer for the soul. A willingness to push oneself and open up to others can inspire some profound discoveries!

SAMPLE ITINERARY

**subject to minor changes based on availability, weather, etc.*

SUNDAY



Evening - Orientation & Greeting

MONDAY *These activities may swap based on weather (e.g. hike in morning)

8:30am - Noon: Matrimonial Trail Hike/Walk (~2mi; easy) & Discussion

6:30 - 8:30pm: Sunset Hike to Chimney Rock (~3.5mi; easy-moderate)

TUESDAY

8am - 12:30pm: Cerrito de la Ventana & Balanced Rock Hike in Abiquiu (~5.5mi; easy-moderate)

7pm-7:45pm: Yoga Session

WEDNESDAY

8:30am - 3pm: Tsi-Pin Ancestral Puebloan Site Hike (TBD permits available) OR Jemez Mountains Hike (TBD), likely moderate-hard

EVENING OFF: Suggested group activity of Ojo Caliente Hot Springs

THURSDAY

8:30am - 2pm: Talus Slot Canyon to Kitchen Mesa (~6mi; hard)

6:45pm - 8:30pm: Yoga Session in Yurt w/ live music

GHOST RANCH



FRIDAY

6am - 4pm: Sunrise departure to primitive hot springs in Jemez Mountains & short hike

7:30pm-9pm: Final Campfire Gathering **Evening off if fire ban, or optional alternative gathering*

SATURDAY

DEPART AFTER BREAKFAST