

Workshop Title: Mindful Birding, with Topher Stephens

Tuesday June 10th, 9:00 – 11:30 AM

Description: Mindful Birding is a practice of heightening our awareness and opening our senses and our hearts to the beauty of the natural world. Unlike conventional bird walks, identifying and listing bird species will not be the primary focus of this workshop (though we will help folks spot birds and cue into some of their unique characteristics). Instead, we will move slowly, allowing ourselves the rare opportunity to appreciate each individual bird we encounter in a mindful way. Using birds as our guides, we can deepen our relationship with the living landscape as well as become more aware of our own internal experiences of awe, joy, and wonder in the natural world. No experience with birding or mindfulness is necessary- in fact we'll all be cultivating a "beginners mind" during this easeful morning workshop!

Please Bring:

Binoculars if you have them (loaner pairs are available if not)

A lightweight Crazy-Creek style camp-chair or small foam pad to sit on

Weather-appropriate layers and footwear