

"The music was truly a gift for the guests. The passion of all the presenters was incredible." ...



"When Steve & Ruth Smith performed I felt happy and at peace. Sunrise kayaking was fabulous & refreshing. I learned so much and enjoyed every moment. Thank you. I'll see you again soon."...



"The mix of classes was perfect.

The instructors were so passionate about their subjects and very good teachers. Thank you so much for making this happen. I learned so much." ...



A weekend for you... to relax and enjoy Natures Healing & Laughter's Wellness.

Mimi Morrison Touch the Earth Adventures
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3rd annual

Appalachian Adventure

Women's Outdoor Weekend

NATURE-BASED ADVENTURES & CLINICS ON OUTDOOR SKILLS

Presented By



New & Exciting classes for 2008!

August 29- September 1, 2008
At Burr Oak State Park

Appalachian Adventure Women's Outdoor Weekend



A weekend for you...

a memory of music, sunrises & sunsets on the lake,

a breath of nature, kayaking, learning, laughing, and creating a new world of friends and skills. All workshops are taught by a staff of skilled instructors, outstanding in their fields.



Instructional workshops:

Kayaking, Birding, Yoga, Pilates, Beading, Herbs for Wellness, Backpacking, Nature Photography, Guided Nature ID Hike, Storytelling & Much More...
Evenings of Bonfires, Music, Sunrise & Sunset Paddles, Hiking, Nature's Healing & Laughter's Wellness.



Featuring A Special Saturday Night Of Music

Steve & Ruth Smith

Celtic Appalachian Music on Hammered Dulcimer & Guitar

Celtic Appalachian music is a fitting description for the hammered dulcimer and guitar music of Steve and Ruth Smith. The Western North Carolina couple, both of Scots-Irish heritage, present a musical journey from the origins of 17th and 18th century Celtic music of Scotland and Ireland to today's Appalachian mountain music.

Their live concert "Celtic Music: The Appalachian Way" gives an overview of what Celtic Appalachian music is, where it came from, and how it lives on in. The concert also features Steve and Ruth on Appalachian Mountain dulcimer, clawhammer banjo, and vocals.

Their latest CD "An Appalachian Aire" is gaining national attention and airplay, most notably being chosen 3 consecutive weeks in 2006 by XM satellite radio as "The Best Music This Week on XM." The title song, written by Ruth, was featured on National Public Radio's on-line show "All Songs Considered." The CD features Celtic and Appalachian music as well as Baroque selections by Bach.

Steve and Ruth's latest CD, "Dancin' 'Cross the Strings," features more of their original material as well as traditional Celtic and Appalachian instrumental tunes. They perform music from both CDs in their live concert. Steve and Ruth have been married and playing music together for over 30 years. They live in the Blue Ridge Mountains of Western North Carolina.

For more about the music of Steve and Ruth Smith including performance schedule, music samples, and CD purchase information, visit their web site www.steveandruth.com.

Appalachian Adventure Women's Outdoor Weekend Retreat

Join Us For All This And More! Outdoor Recreation Clinics, Nature Classes & Hikes, Sunset & Sunrise Paddles, Sunrise Birding Hike, Kayak Relays, Campfires & Fun Events, and Appalachian Music Concert.



Cost of Weekend Retreat is \$375.00
Includes all weekend activities and lodging for 3 nights in a shared cabin.
Make your own meals in your cabin or dine at the Lodge. Sunday night cookout included in price. Private Lodge rooms available, call Mimi for info.



This event offers nature-based learning and activities with an environmental focus on our Earth!

Workshops and Clinics

Birding – Julie Davis

We'll explore one of the trails to look for resident birds as well as fall migrants. Bring binoculars and field guides if you have them. We'll learn to identify birds by sight as well as sound.

Basic Backpacking – Courtney Bryan

Learn the basics of what to pack for a backpacking trip and how to pack it, the seven "Leave No Trace principles", how to use a liquid-fuel canister stove, how to set up a tent, and other bits of backpacker's wisdom.

Intermediate Backpacking – Courtney Bryan
Designed for a backpacker with some experience under her hip-belt, learn essential information about taking longer and potentially self-sustained trips. We will practice basic map and compass skills and learn treatments for basic medical issues that can arise.

GPS & Geocaching–

Learn basic GPS skills and an introduction to geocaching, a treasure hunting game that utilizes GPS to hide & seek containers with other participants.

Basic Kayaking Skills Clinic – Mimi Morrison

Discover the joy of being one with the water. Learn fundamentals of basic paddling strokes and safety techniques. All equipment provided. No experience necessary.

Intermediate Kayaking Skills Clinic – Joel Morris

Best suited for those who already have a good foundation of paddling skills. This class will broaden your kayaking abilities by teaching you advanced paddling techniques.

Kayak Rescue Clinic– Joel Morris

Self-rescue skills will help develop confidence to re-enter your boat or to assist others in an emergency situation. This is a must for anyone wishing to take their experience a step further.

Storytelling – Susan Brenner

People have used storytelling as a method for preserving family traditions and history long before the printed word. This session offers a view of storytelling as a way of living. We will focus on personal experience stories, which become a verbal scrapbook of memories to be treasured. Come share your story(s) and join in the fun. Please bring a treasured item.

Nature Photography – Kate Robertson

Kate's photography has appeared in publications such as the New York Times, Wall Street Journal and Newsweek. Get an introduction to shooting in the great outdoors and learn the fundamentals of lighting, shutter speed, aperture and much more with both 35mm and digital cameras.

Nature Printing – Julie Davis

Nature printing is an ancient art form that can be used to decorate linens, stationary, walls and more. We will collect our own materials, learn printing techniques and decorate paper and a bandana.

Hiking Stick Art – Julie Davis

Starting with a handmade walking stick, made from local wood, you will use paints, beads, a wood burner and other decorative items to create your own artistic hiking stick. Bring any items you may want to use. We will finish by smudging our sticks with sage to bring good energy to our hikes ahead. Material cost \$10

Beading – Jenny Green

Jenny, of Green Jeans Jewelry, is an experienced jewelry artist who will teach you the basics of beading. You will craft a piece or two of jewelry, using your imagination and creativity. Materials cost \$5

Yoga – Erin Renee Warner

Beginning—Explore the basic vinyasa flow and practice working with the breath to restore the body.

Intermediate—Experience a session that blends ashtanga & hatha yoga with vinyasa flow. Working with the breath, enjoy a playful style of yoga that strengthens, stretches and invigorates. Some experience preferred.

Mat provided, bring a blanket for both classes

Pilates—Deb Murphy

The Pilates method of body conditioning provides a series of exercises coupled with focused breathing, centering and mindfulness of movement. Join us for this introductory session of body awareness, breathing and exercise.

Wise Woman Healing Ways– Cindy Parker

Cindy has been a practicing community herbalist since completing her studies at the California School of Herbal Studies. We will learn how to utilize plant medicines for the lost art that it is. Return to your roots with simple healing ways that nourish and nurture the soul as well as the body. We will also discuss various remedies for common ailments.

Natural Treasures of Burr Oak– Paul E. Knoop, Jr.

For 35 years Paul worked in various capacities of naturalist, education coordinator and director of the Aullwood Audubon Center in Dayton, OH. He has worked world wide, teaching conservation and natural history, leading ecology tours and establishing lasting conservation programs and has written for various nature publications. His awards are numerous and his teaching skills phenomenal. It is a special honor to have Paul with us as he leads us on a hike to find and identify the natural treasures of Burr Oak State Park and shares his knowledge of the earth. **We will offer a short, easy hike and a longer, moderate hike.**

To register, visit us online at www.hockinghills.com/earthtouch or contact Mimi at:

**Mimi Morrison Touch the Earth Adventures
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Athens, OH 45701
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mimi@eurekanet.com**

Cancellation policy: Before August 15, 50% refund; no refunds after August 15

Register early, space is limited!