



Charles Sturt
University

Social Sciences Week 2023

Outdoor Therapy Series

Compiled by Will Dobud PhD

School of Social Work and Arts
Faculty of Arts and Education

Recordings of Presentations

Presenter	Title	Recording
Dr Will Dobud	<i>Outdoor Therapies: Pathways for Change and the Trail Ahead</i>	Available Here
Graham Pringle	<i>Walk and Goat Therapy: Why the Concerns about Counselling Outside are Actually Opportunities</i>	Available Here
Margaret Kelso Josh Kelso	<i>The Adventure Therapy Power Couple</i>	Available Here
Unda Avota	<i>Paddleboarding in Your 90s: Outdoor Therapy with Older People</i>	Available Here
Dr Daniel Cavanaugh Dr Will Dobud	<i>Scanning Adventure & Outdoor Therapy Education, Professionalism, and Practice</i>	Available Here
Jen Rees Doug Moczynski	<i>Women on Water (WOW): Good Food, Community, Connectivity, and Planning for Fun in Adventure Programming</i>	Available Here
Prof Nevin Harper Dr Will Dobud	<i>Kids These Days: Harnessing the Heroism of Youth</i>	Available Here
Tanya Ginwala	<i>Fostering Inclusivity Outdoors through Emotional Safety</i>	Available Here
Doug Moczynski	<i>Professional Youth Work Outdoors</i>	Available Here

Get to Know Your Presenters

socialsciencesweek.org.au #SSW2023

Outdoor Therapy Series 2023



Dr Will Dobud
Charles Sturt University



Tanya Ginwala
Qualia Outdoor Therapy



Jen Rees
Flow Outdoors



Professor Nevin Harper
University of Victoria



Doug Moczynski
Gippsland Adventure Therapy



Unda Avota
Adventure Therapy Latvia



Graham Pringle
Youth Flourish Outdoors



Dr Daniel Cavanaugh
Washington State University



Margaret Asher
Blue Ridge Therapeutic Wilderness



Josh Kelso
Red Oak Recovery

Dr Will Dobud

[Personal Website](#)
[Google Scholar Page](#)
[ATC Podcast](#)

Graham Pringle

[Youth Flourish Outdoors](#)
[Stories from the Field Podcast](#)

Margaret Kelso

[ATC Podcast Episode](#)

Josh Kelso

[LinkedIn Account](#)

Unda Avota

[Adventure Therapy Latvia](#)
[LinkedIn Account](#)

Dr Daniel Cavanaugh

[Google Scholar Page](#)
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Jen Rees

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Tanya Ginwala

[Personal Website](#)
[LinkedIn Account](#)

Doug Moczynski

[Gippsland Adventure Therapy](#)
[ATC Podcast Episode](#)

Outdoor Therapy Centre for Research and Practice



www.outdoortherapycentre.com

Mission Statement: Our mission is to pursue excellence in outdoor therapies through communities of practice that engage in research, education, and service.

Friends of the Outdoor Therapy Centre are those contributing to the outdoor therapy centre's [research philosophy](#), providing accessible [supervision and consultation](#), working to promote human rights in practice, and delivering [affordable training opportunities](#) for practitioners both new and seasoned to work in the field.

There are no rules to becoming a friend of the centre and no price to be paid.

After all, our friends are not our business! All we ask is for a commitment to growing the diverse practice of outdoor therapy through engaging with the community and providing affordable and accessible support for those interested in helping.

If you want to collaborate and become friends, [contact us today](#).

2022 Recordings

Presenter	Topic	Link to the Recordings
Dr Stephan Natynczuk	Being your Best as an Adventure Therapy Practitioner	https://youtu.be/VM4POafNXns
Lynette Nikkel	The Intersectionality of Grief Work and Adventure Therapy	https://youtu.be/e5ATvBWjYuc
Margaret Asher	Keeping Clients Safe in the Outdoor Therapies	https://youtu.be/v3vswl9ayrw
Unda Avota	Help the helper: Adventure Therapy for Burnout Syndrome	https://youtu.be/Sxd_MafgSvc
Sharleen James	Individualising Care Approaches - Travel Projects in the NSW Care System	https://youtu.be/PR9HuNDQUR8
Ben Knowles	Creating safety: Outdoor and Nature-Based Therapies in a Stress-Full World	https://youtu.be/YxZICS_M5-I
Mark Cartner	The Walk of Life program: Australian Crime Prevention & Child Protection	https://youtu.be/H3CchdjvH6Y
Graham Pringle	Human Rights in Adventure	https://youtu.be/tpx4KXaLKZo
Doug Moczynski	It's Your Adventure, Not Mine: Shifting our Lens on Facilitated Adventure	https://youtu.be/84qGNytmFv0



Outdoor Therapy Series (2022)

A series of free, virtual presentations about the promise of adventure and outdoor therapy practices. Everyone is welcome!



Charles Sturt University



DR WILL DOBUD
Charles Sturt University
Australia



LYNETTE NIKKEL
Confluence Counselling
Canada



UNDA AVOTA
Adventure Therapy Latvia
Latvia



BEN KNOWLES
Adventure Works
Australia



GRAHAM PRINGLE
Youth Flourish Outdoors
Australia



DR STEPHAN NATYNCZUK
Spare Krab Adventure Therapy
United Kingdom



MARGARET ASHER
Alder Advisors, LLC
USA



SHARLEEN JAMES
Professional Individualised Care
Australia



MARK CARTNER
Queensland Police Service
Australia

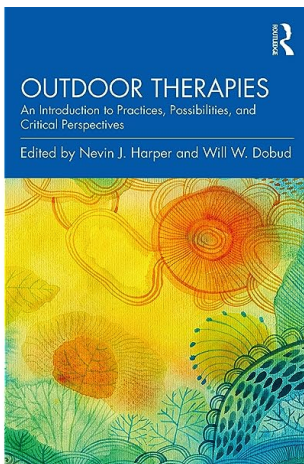


DOUG MOCZYNSKI
Gippsland Adventure Therapy
Australia



Adventure Therapy Collective Podcast

This is a podcast to discuss all things related to adventure therapy. From research to interventions to education to jobs, if it is about adventure therapy, you will hear about it on here! This podcast will focus on a different topic in adventure therapy each week that could include education, research, supervision, ethics, and more. Also, sometimes we will interview field gurus and experts to learn from their wisdom and knowledge. This podcast is hosted by adventure therapy practitioners and scholars, Dr. Will Dobud, and Dr. Daniel Cavanaugh. **Available wherever you get your podcasts.**

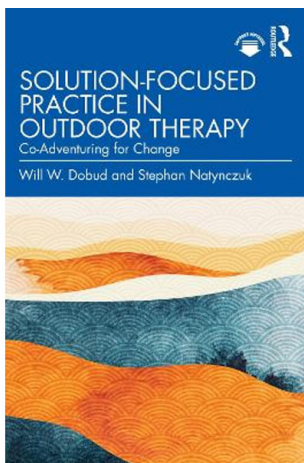


Outdoor Therapies: An Introduction to Practices, Possibilities, and Critical Perspectives

Edited by Professor Nevin Harper and Dr Will Dobud

Use Promo Code ADC23

<https://www.routledge.com/Outdoor-Therapies-An-Introduction-to-Practices-Possibilities-and-Critical/Harper-Dobud/p/book/9780367365707>



Solution-Focused Practice in Outdoor Therapy: Co-Adventuring for Change

Dr Will Dobud & Dr Stephan Natynczuk

Use promo code: ADC23

<https://www.routledge.com/Solution-Focused-Practice-in-Outdoor-Therapy-Co-Adventuring-for-Change/Dobud-Natynczuk/p/book/9781032108810>

Adventure Therapy Outcome Monitoring (ATOM) Study



Principal Researchers: Dr Will Dobud (Charles Sturt University) & **Dr Daniel Cavanaugh** (University of Washington Bothell)

Funding: The Adventure Therapy Outcome Monitoring (ATOM) study was awarded \$10,000 USD in 2022 which was spent on guest lecturing, research consultation with [Dr Scott D Miller](#), [Professor Nevin J. Harper](#), and [Steve Javorski](#).

Free training and consultation will be delivered with Scott D Miller throughout 2023 with practitioners involved in the ATOM study. You can watch this training here:

<https://www.youtube.com/watch?v=8Gf8ur3aDYo>

Useful Links:

[Participant Information Sheet](#)

[Practitioner Demographics](#)

[Feedback-Informed Treatment Measures](#)

[Video Introducing the ATOM \(Password: ATOM\)](#)

[Podcast about the ATOM \(Spotify\)](#)

Click here to learn more or express interest in taking part:

<https://www.willdobud.com/atom.html>



Adventure Therapy Europe



**The next GATE will be held in Latvia
in the scenic Sigulda District
from 19th to 22th of June 2024.**

To learn more, visit: <http://adventuretherapy.eu/>

Training with Graham Pringle and Youth Flourish Outdoors



Youth Flourish Outdoors

Our Complex Trauma Informed Practice framework provides a simple, achievable, and targeted method to make sense of complex issues.

If you are working in Community Services, Education, or Mental Health and are interested in improving your skills in Adventure Therapy, please join us at one of our Training Sessions.

The framework comes from a Complex Trauma Informed Practice Theory building doctoral program completed in Feb 2023. We have invested seven years in developing good and humane practice. We want to share this with you!

Click here to find a training in your location: <https://www.youthflourish.org/training>

The following sections including training opportunities with Tanya Ginwala:

QUALIA OUTDOOR THERAPY

PRESENTS



Exploring Inner & Outer Landscapes

AN EXPERIENTIAL ADVENTURE THERAPY
WORKSHOP FOR MENTAL HEALTH
PROFESSIONALS

8-12 OCTOBER 2023

DHARAMSHALA, HIMACHAL PRADESH





What is Outdoor Therapy?

"OUTDOOR THERAPY IS BROADLY DEFINED AS THE **CONSCIOUS INCORPORATION** OF THE **NATURAL WORLD (AND ADVENTURE)** INTO THE **THERAPEUTIC PROCESS.**"

- Katie Asmus, Somatic Wilderness Therapy Institute

IT CALLS FOR A COLLABORATION WITH THE NATURAL WORLD FOR PERSONAL & COLLECTIVE HEALING.

What does outdoor therapy look like?

Outdoor therapy interventions and practices are designed based on the goals and intentions of participants.

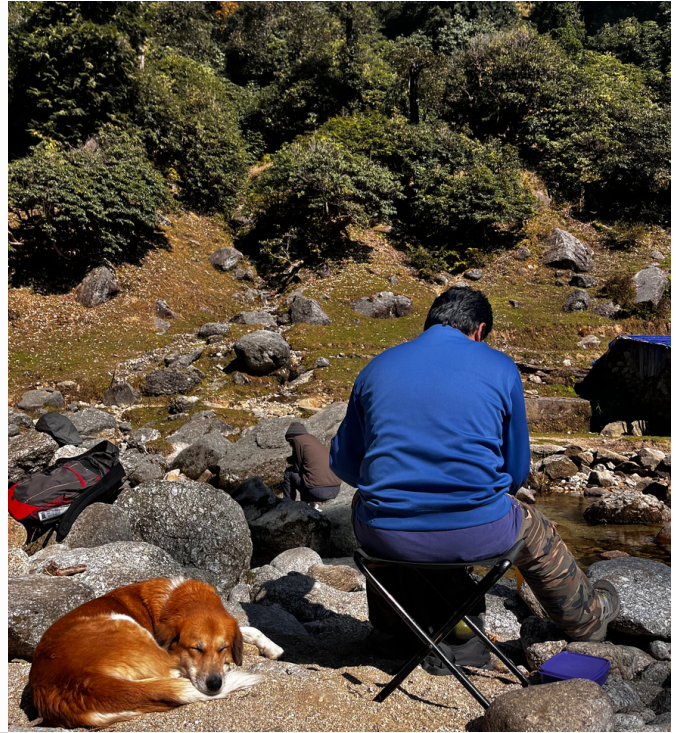
It might look like:

- Engaging in mindfulness practices in nature
- Connecting with our physical body through engaging challenges in the natural world such as rock-climbing or hiking a mountain trail
- Conscious relationship with animals and plants around you
- Moving our bodies and connecting with our breath and vitality
- Finding metaphors for life in nature
- Disconnecting from gadgets and slowing down to cyclic earth time
- Participating in and creating a ritual or ceremony outdoors
- Solo time in nature

Who is outdoor therapy for?

Outdoor therapy is for people of all ages, backgrounds and walks of life.

Outdoor therapy is for **YOU** if you are curious to connect with the natural world for the purpose of your growth and healing.



How can outdoor therapy support you?

Outdoor therapy can be beneficial:

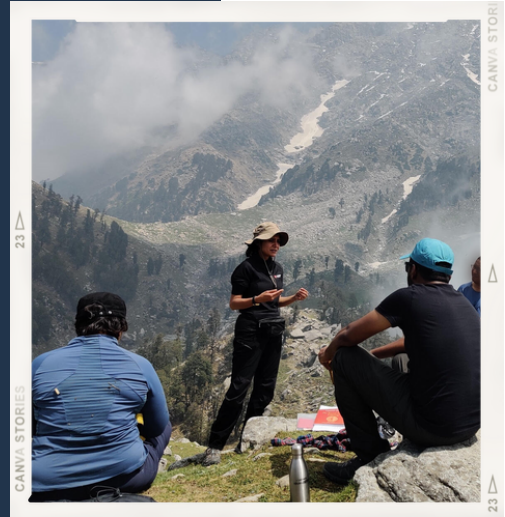
- To engage in an **experiential healing process** that includes the **whole person** - mind, body & spirit
- To be in **deeper relationship** with the **natural world** and **yourself**
- To feel more **connected, balanced & grounded** when you are in nature
- To **engage with** and **challenge** your **body** through adventuring outdoors
- When conventional talk therapy may not have felt like a good fit beyond a point
- To explore **healing** within a **small group context** with a sense of **community**
- To **slow down** and **experience life** from a **different perspective**
- To receive the gift of **insights** from the **natural world**

What this workshop is about

Are you a mental health practitioner intrigued by the potential of integrating nature into healing processes?

Do you find yourself curious about exploring new therapeutic modalities outside your usual role as a therapist?

Perhaps you wonder how outdoor adventures and connecting with the natural world can benefit your own well-being and that of your clients...



'**Exploring Inner and Outer Landscapes**' offers a unique opportunity for mental health professionals.

This 4-day **immersive walking journey** is designed for those interested in **experiencing** and **learning** about **adventure and nature-based therapy**.

During the workshop, you'll have the chance to **step out of your role as a mental health service provider** and become a **participant** in an **expedition-style adventure therapy program**.

The journey will take you through the awe-inspiring Dhauladhar mountains, where you'll **camp out in nature** and engage in **individual and group therapeutic processes**. These activities will invite **reflections** and **insights** in a **collaborative learning environment**.

The workshop combines **experiential learning** with **educational modules**, offering valuable **insights into nature and adventure-based approaches** and their **potential benefits for well-being and health**.

If you're interested in exploring the **profound connection** between **human psychology and the healing powers of the natural world**, 'Exploring Inner and Outer Landscapes' provides an **opportunity for personal growth** and a **deeper understanding of adventure and nature-based therapy**.

Join us on this journey as we embrace the **wonders and healing power of nature** and **discover new possibilities** for both our **mental health practices** and our own **well-being**.

Your Workshop Journey



BEFORE THE PROGRAM

- Group call and Q&A to get to know your facilitators & co-travellers
- Check ins and guidance to prepare you for the journey

PROGRAM ITINERARY

Day 1: Pick up from Dharamshala at 8 AM. Arrival and settling in at The Last House, Orientation, Getting to know each other

Day 2, 3, 4: Hiking & Camping

Day 5: (Morning) Check out and Departure

AFTER THE PROGRAM

- Group reflection and closing call to support integration & reflection
- Adventure Therapy Resources for continued learning

Location

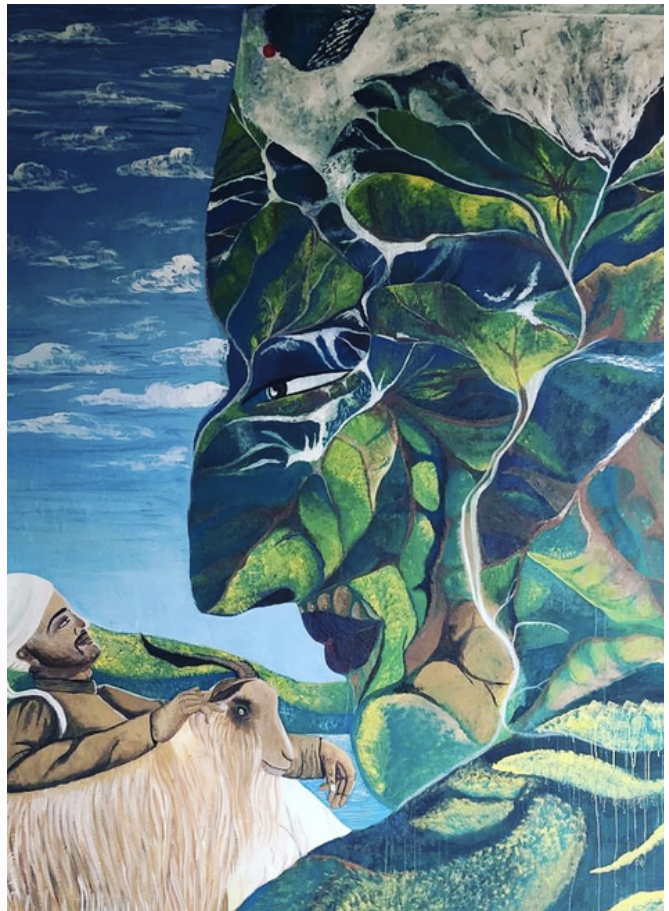
KARERI KOMMUNE: THE LAST HOUSE

Perched on a quiet hillside nestled above white oak forests, The Last House overlooks a *Gaddi* (shepherd) village called Nauhali. The Kommune works with women & youth from the village to empower financial independence and support the preservation of the fast vanishing *Gaddi* culture.

Located 90 minutes from Dharamshala, it offers a quiet, secluded space for those looking to immerse themselves in nature.

The Last House serves simple local cuisine and offers a range of options for the adventure seeker - from jungle walks, village tours and fishing in local streams, to guided treks in the nearby mountains.

This will be our base for the duration of the program, and we will go hiking in the surrounding mountains.



About the Trail

Situated at an altitude of 2,950 meters in the majestic Dhauladhar range, the journey will lead you through a trail with scenic views.

The region is known for its dense conifers, exotic perennial flowers, and lush pasturelands.

The local *Gaddi* community considers this trail to be a revered site of pilgrimage. It is one of the starting points for the holy seven lakes trek.

Our campsite for the duration of the trek will be in the Kareri Lake region; from where we will explore surrounding trails.

Meet your Facilitators

Luk Peeters

Luk has been working in the Experiential Outdoors since 1985.

He is a Gestalt and Person-Centered therapist with specializations in Existential, Group and Outdoor Psychotherapy. He is a self-employed Process Facilitator and Consultant, staff member of a Group Psychotherapy training and coordinator of an Outdoor & Adventure Therapy specialization program for psychotherapists.

He has been an Outward Bound trainer for over 30 years.

He was co-chair of the Adventure Therapy International Committee, has presented at several international conferences and is the author of a number of writings on the potential of nature and adventure within healing processes.

He is passionate about canyoning, hiking, picking and cooking wild mushrooms, photography, rock-climbing and gardening.



Tanya Ginwala

Tanya is a psychologist, experiential educator and adventure & nature-based therapist.

She is passionate about outdoor inclusivity and decolonized understandings of mental health and adventure & nature-based therapy.

Her therapeutic approach and training are informed by Narrative Practices, Somatic therapies, Experiential Education and Applied Buddhist Psychology.

She is currently the India representative at the Adventure Therapy International Committee. In her free time, Tanya enjoys spending time in the pine forests by her home in Dharamshala with her dog Ziggy, reading, napping in the sun and discovering new music.





Program Cost

This program is offered at INR 47500.

At Qualia, we are passionate about making mental health support and training accessible, especially for young people and folks from marginalised communities.

There are two bursary spots available at INR 30000 for those who may find it financially challenging to access the program. Get in touch to know more.

Please note, as we are collaborating with local resources and need to make advance payments for bookings and services, applicants are required to pay the full amount to confirm their participation in the program.

INCLUDES:

- Trained support staff - 2 local guides & certified trekking guide (We follow a **1:2 ratio** i.e. 1 support staff for 2 participants)
- Transport assistance upon arrival at Dharamshala - fixed pick up & drop times to airport & bus station, internal transfers as per itinerary
- Camping & Hiking experience - guides, support staff, luggage support, tents, hiking poles etc.
- Facilitator fee
- Resource Kit
- Food - Simple vegetarian meals
- Online Group session before & after the program
- Camping & Trekking permits
- Certified Wilderness First Responder medical assistance
- All taxes

DOES NOT INCLUDE:

- Any kind of personal and medical expenses
- Insurance
- Anything not specifically mentioned under the heading 'Includes'

REFUND POLICY:

- Upto 15 days before the program - 20% of the participation fee will be refunded
- 15 days or less and no show - No refund

FAQs

Q: What age group is this workshop open to?

A: Anyone who is a trained and qualified Mental Health professional may apply.

Q: Tell me more about the trek.

A: We will be trekking for 3 days/3 nights and carrying our own backpacks. We will have support from mules to carry all our common gear like kitchenware, kitchen tent, toilet tents etc. We will be walking anywhere between 3-8 hours a day at a comfortable, slow pace with sufficient breaks and will support each other along the way. The trek can be considered to be of a moderate difficulty level.

Q: How fit do I need to be to be able to participate?

We strongly advise engaging in walking/cardio and strength building exercises at least 6 weeks prior to make the experience more enjoyable. The team at Qualia will support the preparation process and be available for questions prior to the program.

Q: What about safety and medical assistance?

A: We take safety (both physical and emotional) very seriously at Qualia. In terms of medical assistance and physical safety, we have a trained Wilderness First Responder on the team. Our local guides are from the area and therefore familiar with the risks associated with the terrain and the trail. Participants will be required to fill out a health form during registration.

Q: What about accommodation arrangements?

A: We will be camping and staying in shared tent accommodation throughout the program.

Q: Will this workshop prepare me to start applying adventure therapy with my clients?

A: Adventure Therapy requires a wide range of skillsets - from group facilitation to outdoor skills, depending on the outdoor modality you are using in your work with clients. This workshop will be an introduction and stepping stone toward applying adventure therapy with your clients and support you to reimagine your practice in new and creative ways to incorporate nature and adventure into your work. It may also shine light on the skills you already have and the ones you may want to acquire to develop a safe, ethical and well-rounded practice. It will also support you by connecting you to a community of like-minded mental health practitioners.

Next Steps

If you feel called to join us on this journey, complete the following steps:

1. Fill out the application form at www.tinyurl.com/at-mhp-2023 incase you have not already.
2. Whatsapp Tanya at **+91 90226 17363** to schedule a call. The purpose of the call is to help us understand your needs and answer queries and learn more about you.
3. Receive a response regarding your application.
4. Confirm your participation by completing the full payment within 7-10 days.



A glimpse of the trail

**“And the day came when the risk to
remain tight in a bud was more painful
than the risk it took to blossom.”**

- Anaïs Nin -



+91 90226 17363



[@qualia_outdoortherapy](https://www.instagram.com/qualia_outdoortherapy)



qualia.trainingandprograms@gmail.com

QUALIA OUTDOOR THERAPY

PRESENTS



WildQuest

AN IMMERSIVE ADVENTURE RETREAT FOR
PERSONAL & PROFESSIONAL DEVELOPMENT

30 SEPTEMBER - 05 OCTOBER 2023
DHARAMSHALA, HIMACHAL PRADESH

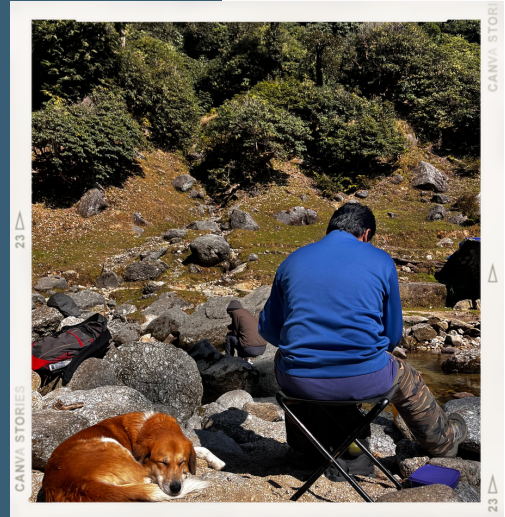


What is WildQuest about?

Are you looking for a therapeutic space to pause, reflect and connect with yourself?

Are you longing to go on an adventure with co-travellers with a shared intention?

Join us on a journey of self-discovery amidst the breathtaking beauty and wisdom of the natural world...



With the power of **outdoor adventure, group dynamics** and **therapeutic processes in nature**, WildQuest aims to facilitate genuine **self-exploration** and support you to foster a deeper **connection** to your **purpose & values**, your **professional life**, and the **world** around you...

WildQuest offers a unique space to explore the **complexities** and **nuances** of navigating the **interplay between** the **personal** and **professional**.

This is an invitation to step away from the fast pace of everyday life and **slow down**, and **connect with yourself** and the **land**. Engage in **meaningful conversations**, **learn in community**, and uncover the **power of nature's principles** in enriching our lives and relationships.

Together we will embark on a **journey** - both inner and outer - and take the time to construct our personal and professional paths, looking back at the past and looking forward to where we wish for our paths to take us.

***What's your story? Where do you come from?
Who are you now, and where are you heading?***

Over these 5 days, we'll **hike** through the awe-inspiring Dhauladhar mountains, **camp under the stars**, and **co-create** a space of **collective learning and growth**. Participants will be offered **invitations** and **activities** to help generate **personal reflection** and be provided with **theoretical inputs** at appropriate times. The core of our methodology is **experiential learning**, and we believe in the value of **lived experiences** as the source of the creation of knowledge and understanding about the self and human interactions.

Who is WildQuest for?

This retreat is for **creatives, entrepreneurs, business leaders, managers** and **self-employed professionals** who are curious to explore the interplay between their personal & professional lives...



How can WildQuest support you?

This retreat can support you:

- To engage in an **experiential learning process** that includes the **whole person** - mind, body & spirit
- To be in **deeper relationship** with the **natural world** and **yourself**
- To feel more **connected, balanced & grounded** in nature
- To **engage with** and **challenge** your **body** through adventuring outdoors
- To negotiate your **relationship** to your **work** and **professional life**
- To explore **personal development** within a **small group context** with a sense of **community**
- To **slow down** and **experience life** from a **different perspective**
- To receive the gift of **insights** from the **natural world**

Location

THE UNMAD: DHARAMKOT

Nestled amidst the enchanting Dhauladhar mountain range, Dharamkot offers a delightful escape into nature, making it a favoured destination for both adventure seekers and those seeking a peaceful retreat.

The village is a haven for hikers, trekkers, and nature enthusiasts, and attracts travellers from various cultures and backgrounds, creating a unique blend of local Himachali charm and international influences.

Our home for the first and last night of the retreat is called 'The Unmad' - a quaint and homely bed and breakfast situated in Upper Dharamkot surrounded by pine trees and gorgeous mountain views. The serene environment at 'The Unmad' makes it an ideal place for introspection, rest, self-discovery, and rejuvenation.



About the Trail

TRIUND - LAKA GLACIER TRAIL

Situated at an altitude of 3100 meters in the majestic Dhauladhar range, the Triund-Laka region is known for its scenic views and lush pasturelands.

This trek is a favourite among adventure enthusiasts, nature lovers, & those seeking a sense of physical accomplishment.

The trail is perfect for both seasoned trekkers and beginners, offering an opportunity to witness the beauty of the Himalayas up close while immersing oneself in the tranquility of nature.

It is a trek that will leave you with a sense of awe and wonder at the grandeur of the mountains, and leave you feeling connected with yourself and the magical world we inhabit.

We can't wait to walk this mesmerizing trail with you!

Your WildQuest Journey...



The group will have a maximum of 12 participants.

BEFORE THE RETREAT

- 1 on 1 call with Tanya to support intention setting and preparation
- Group call and Q&A to get to know Luk, Tanya & your co-travellers
- Check ins and guidance to prepare you for the journey

RETREAT ITINERARY

Day 1 (30 Sep): Arrival and settling in at The Unmad Dharamkot , Orientation, Getting to know each other and preparing for the hike

Day 2, 3, 4 (1-3 Oct): Hiking & Camping

Day 5 (4 Oct): Hike down to The Unmad Dharamkot

Day 6 (5 Oct): (Morning) Check out and Departure

AFTER THE RETREAT

- 1 on 1 call with Tanya to support transfer of learning and action plan
- Group reflection and closing call to support integration & reflection

Meet your Facilitators

Luk Peeters

Luk is a self-employed process facilitator, consultant, coach, and trainer from Belgium. He works closely with groups or existing teams and individuals on personalized coaching trajectories. His past clients include IKEA, Bose, INSEAD, DHL and several other reputed businesses and organisations. He has been an Outward Bound trainer working in the Experiential Outdoors for over 30 years. He is also a Gestalt and person-centered therapist with specializations in Existential, Group and Outdoor Psychotherapy. He was co-chair of the Adventure Therapy International Committee, has presented at several international conferences and is the author of a number of writings on the potential of nature and adventure within healing and learning processes. He is passionate about canyoning, hiking, picking and cooking wild mushrooms, photography, rock-climbing and gardening.



Tanya Ginwala

Tanya is a psychologist, experiential educator and adventure & nature-based therapist based in Dharamshala, India. She is passionate about outdoor inclusivity and decolonized understandings of mental health and adventure & nature-based therapy. Her work experience includes facilitating inclusive adventure experiences to promote diversity & inclusion within organisational contexts. Her therapeutic approach and training are informed by Narrative Practices, Somatic therapies, Experiential Education and Applied Buddhist Psychology. She is currently the India representative at the Adventure Therapy International Committee. In her free time, Tanya enjoys spending time in the pine forests by her home in Dharamshala with her dog Ziggy, reading, napping in the sun and discovering new music.





WildQuest Retreat Cost

This retreat is offered at INR 65000.

There are bursary spots available at INR 45000 for those who work in the social impact sector and those who may find it financially challenging to access the program. Please get in touch with us to know more.

Please note, as we are collaborating with local resources and need to make advance payments for bookings and services, applicants are required to pay the full amount to confirm their participation in the program.

INCLUDES:

- Trained support staff - 2 local guides & certified trekking guide (We follow a **1:2 ratio** i.e. 1 support staff for 2 participants)
- Camping & Hiking experience - guides, support staff, luggage support, tents (on a shared basis), hiking poles, sleeping bags, sleeping mats
- Hotel Stay (Double Occupancy) on first and last night
- Food - Simple vegetarian meals on all days
- Online 1 on 1 and Group session before & after the retreat
- Somatic Care Kit
- Facilitator fee
- Camping & Trekking permits
- Certified Wilderness First Responder medical assistance
- All taxes

DOES NOT INCLUDE:

- Transport to and from The Unmad, Dharamkot
- Any kind of personal and medical expenses
- Insurance
- Anything not specifically mentioned under the heading 'Includes'

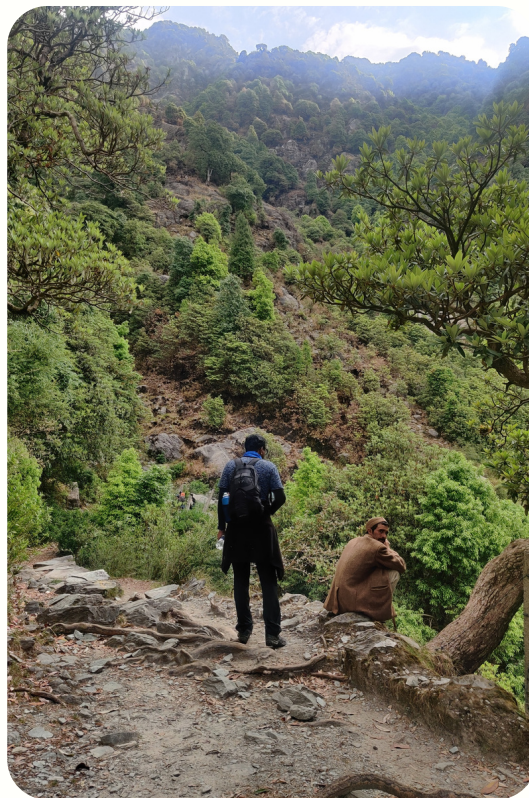
REFUND POLICY:

- Upto 15 days before the program - 20% of the participation fee will be refunded
- 15 days or less and no show - No refund

Next Steps

If you feel called to join us on this journey, complete the following steps:

- 1.Fill out the application form at www.tinyurl.com/wildquest2023
- 2.Whatsapp Tanya at **+91 90226 17363** to schedule a call. The purpose of the call is to help us understand your needs and answer queries and learn more about you.
- 3.Receive a response regarding your application.
- 4.Confirm your participation by making the full payment.



A glimpse of the trail