



GREETINGS and WELCOME!

Thank you for registering for **Natural Movement: Animal Forms** with Wilderness Awareness School in Duvall, Washington. We are excited to meet you at Linne Doran, Wilderness Awareness School's 40-acre property!

Please see our website for detailed information about our cancellation and transfer policy.

This confirmation letter contains information that you will need to prepare for this program. **Please read it carefully.**

If you have any questions regarding your registration, please contact Wilderness Awareness School at (425) 788-1301 or wasnet@wildernessawareness.org; our office hours are 8:00-4:00, Monday through Friday.

If you have any questions about the program please contact Kyle Koch kylek@wildernessawareness.org 425-681-2612

We are looking forward to a fabulous day together exploring ways to unplug and recharge. Safe travels!

Sincerely,

Kyle Koch
Anake Outreach Coordinator
425-681-2612

~ Natural Movement: Animal Forms ~

When:

Natural Movement: Animal Forms starts **April 8th (Saturday) 9am-3pm**

Please arrive by 8:30 and be prepared to start at 9am

Where:

Linne Doran is located about fifteen minutes outside of Duvall in the foothills of the Cascade Mountains. You can find a map and driving directions on our website:

<http://wildernessawareness.org/about/campus/maps/>

What to Expect:

We will be spending significant time outside regardless of the weather. We encourage you to be prepared for all types of weather and bring several layers so that you can be comfortable throughout the class.

We will be playing high energy games throughout the day that will require folks to move over uneven terrain, through thick brush, get dirty and have fun.

As this program is about unplugging, we will ask people to turn off their devices and only use for emergencies.

Facilities:

Personal facilities for your use include an indoor toilet and sink and several port-a-potties, along with drinkable water.

Camping:

N/A

Food:

No meals are provided with this program. Please bring a lunch and snacks.

How to Get There:

Driving directions and maps can be found at:

<http://wildernessawareness.org/about/campus/maps/>

Our Land address, if you are using a car/taxi service is:

**20410 320th Ave NE,
Duvall, WA 98019**

GEAR PACKING LIST

Please bring the following items. This list is designed with your comfort and safety in mind, and takes into account the variable weather possibilities during summer in Western Washington.

- o Personal medication
- o Blindfold
- o Sunscreen
- o 1-Liter water bottle
- o Notebook and pen/pencil
- o Mug for tea or coffee
- o Clothing that can be worn outside, get dirty, etc. *appropriate to the weather.*
- o Appropriate footwear (closed-toe preferred)
- o Lunch and snacks

**Please note that all programs at our campus in Duvall have a combination of indoor and outdoor time. You will need clothing appropriate to the weather, clothing to be comfortable indoors, and ideally the ability to shift between the two with ease.