



TRIP REQUEST FORM



In 2017 Colby College and Maine Huts & Trails (MH&T) established an academic partnership to create outdoor learning and recreation opportunities for our students, faculty, and staff. The goals of this partnership include extending the classroom from the Colby campus into the Maine woods, engaging students in experiential learning with an eco-tourism enterprise, and increasing our capacity for forest and fresh-water research activities. MH&T seeks to support academic research and systems assessments that will inform their environmental stewardship practices to improve efficiency of off-the-grid energy systems, the development of local economies, and enhance their strategies for education and environmental stewardship. Through this academic partnership we are able to fund a total of 100 overnight visits during the 2017/18 academic year. In addition, the Colby community is eligible for reduced rates on membership and use of the MH&T resources.

Colby faculty with classes that might benefit from day-long or overnight visits to one of the MH&T huts must complete this form and return an electronic copy to both Professors Whitney King (whitney.king@colby.edu) and Michael Donihue (michael.donihue@colby.edu). More information about our academic partnership with MH&T, including support resources, guidelines, and expectations for trips can be found at <http://web.colby.edu/mainehutsandtrails/>.

Trip leader:	Thomas Klepach & Annie Kloppenberg
Department or Program:	ISP: Human Kind Body Mind – Biology Dept. / Theater & Dance Dept.
Email address:	tklepach@colby.edu amkloppe@colby.edu
Course number & title:	BI147 A&P of Yoga; TD119 Somatic Practices: Yoga; TD111 Articulating the Physical
Arrival & departure dates:	Arrive: Tuesday, September 18 th ; Depart: Wednesday, September 19 th
Requested hut:	Flagstaff Hut

Anticipated number of participants	Faculty/Staff	Enrolled Students	Other Students	Other*	Total
	2	Up to 16 but b/c it is ISP do not know yet	---	---	≤ 18

*Identify other participants, including accompanying adults and/or minor children and who will be responsible for their supervision.

Purpose of trip. Explain your planned activities and goals for this trip. For class excursions, briefly identify how this trip supports the learning outcomes for your course and anticipated methods of assessment.[†]

This trip will have three principal goals.

- The first and highest goal is to provide the ideal natural setting for a host of mindfulness activities that are directly in line with the **Human Kind Body Mind** ISP cluster objectives outlined below.
- The second goal of the trip will be to initiate a conversation on the human impact on the planet and the individual role that each person plays in this.
- The third goal will be as a team building experience that will serve to both bond the students in the cluster, opening them up to an ongoing group discussion dynamic, and prepare them for the collaborative work that will be expected of them through the lecture and lab courses in the cluster.

The **Human Kind Body Mind** ISP cluster explores the overlap of the realms of the mental and the physical through various approaches to yoga, meditation, dance and other mindful practices. Briefly a description of the courses in the cluster are as follows:

BI147 Anatomy and Physiology of Yoga and Mindful Practice comes at the stated topic from a scientific standpoint by covering the relevant human anatomy and identifying the physiological impacts of mindful practices in general and yoga and meditation in particular.

TD111 Human Kind Body Mind: Articulating the Physical addresses writing as process of discovery, expression of creative and critical thought, and embodied pursuit. Opinion, authorship, and identity are interwoven and grounded in the body. Through movement, experiential anatomy, and choreographic thought, students will explore the language of/from the body and understand the textual nature of written words, body, self, society, physical landscape, visual frame, and performance. Translations between the visual and the visceral develop active, individual, confident, and vivid writing voices.

TD119 Somatic Practices: Yoga teaches the practice of yoga including physical postures, breath (pranayama), and meditation. Yoga is a system of integrated mental and bodily fitness that combines a dynamic physical musculoskeletal practice with an inwardly focused mindful awareness of the self, the breath, and somatic energetic pathways. The systematic practice of yoga has numerous benefits for both the body and the mind.

Beyond the above goals of the individual courses, the cluster as a whole aims to help students gain the skills and self-awareness needed to manage the transition to college, its mental and physical challenges, and to help them make their health and well-being a priority. These skills will help the students become more mindful in all aspects of their lives and make choices that are more beneficial across the range from their personal wellness and their interactions with others to their part in the physical impact humans have on the planet.

[†]Consider student blog posts to <http://web.colby.edu/mainehutsandtrails/> as a means of assessment.

A central part of this involves students developing a personal mindful practice that they are able to integrate into the fabric of their daily lives. This is a core goal of the cluster. One of the most straightforward paths to quieting the mind in preparation for thoughtful self-reflection and mindful practice involves being in a meditative natural environment.

The setting surrounding the Flagstaff Lake Maine Huts and Trails site is an ideal location for this. This location is as untouched a natural environment, far away from any signs of civilization as one could reasonably hope for while still having the necessary amenities afforded by the actual hut. The site is wholly separate from campus, thus literally becoming a departure from their familiar surroundings, but also symbolizing and preparing the students for the heightened state of mind that they will be called to strive for.

Because of the manner of construction and philosophy of sustainability behind the Maine Huts and Trails system, the Flagstaff location is also a great place to begin a conversation with the students about how true mindfulness extends beyond merely maintaining your individual health, into an awareness of the impacts that one has on your surroundings.

Schedule:

Tuesday, September 18th

11:00 – Depart from campus

13:00 – Arrive trailhead and hike to Flagstaff hut for 14:00 arrival and check in.

15:00 – Outdoor yoga session

18:00 – Dinner

18:45 – Sunset meditation / quiet reflection at eastern point (sunset at 18:56)

19:15 – Flagstaff energy tour

19:45 – Group discussion covering:

- Cluster expectations
- Sustainability, nature and mindfulness
- Group dynamic building activities

Wednesday, September 19th

08:00 – Quiet nature time hiking / kayaking and personal journal activity

09:30 – Outdoor yoga session and final group reflections

10:30 – Depart Flagstaff hut to arrive at Colby by 13:00

The students will be expected to generate blog posts that highlight the value of yoga and meditation in natural settings and the potential for mindful activity at the Flagstaff Hut in particular. These blog posts can be shared with the Maine Huts and Trails website detailing their experience on site. The trip will also serve to introduce this unique natural resource to a cohort of students specifically interested in mindfulness at the earliest point in their time at Colby increasing the likelihood of their returning to the system in any manner of capacities.