



Water Sports • Yoga • Journaling • Arts + Crafts • Lawn Games • Campfire • Music • Free Food & Transportation

OUTDOOR WELLNESS EXTRAVAGANZA!

MAY 13 • 12 - 8 PM

AT LAKEWOOD
• 2410 Lake Whatcom Blvd •



OUTDOOR WELLNESS EXTRAVAGANZA!

Schedule



Boating Yoga and Movement Dock Mindfulness Olympics Fire & Fun Crafting Cabin Face Paint Tie-Dye

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| 12 | | | | | | Free Crafting | Face Painting! | Tie-Dye! |
| 1 | Sailing Peaceful Paddle-boarding | Yoga | Intro to Mindfulness | | | Jewelry-Making | | |
| 2 | Sailing Kayaking Big Canoe! | Yoga | | | | Free Crafting Mindful Baking | | |
| 3 | Sailing 3:30-4:30: Paddle-boarding | | Grateful Grounding | Olympics! | | Painting Watercolor Free Crafting | | |
| 4 | Sailing Kayaking | Yoga + Mindful Movement | Nature-inspired Mindful Moments | | Bow-drilling and Fire Making | Mindful Candle-Decorating | | |
| 5 | Sailing | Yoga + Mindful Movement | | | | | | |
| 6 | Sailing | | | | Campfire Cookin' | Free Crafting | | |
| 7 | | | | | Good Ol' Campfire Vibes | | | |

OUTDOOR WELLNESS EXTRAVAGANZA! Activity Descriptions



Boating

Sailing: Ever wish you were a pirate? Now's your chance! Grab your eye patch and come sail! No experience required!

Kayaking: Let's go kayaking! Come grab a paddle and splash around!

Paddle-Boarding: Sitting or standing. Have a relaxing paddle or try and knock off your friends! It's all fun!

Peaceful Paddle-boarding: Join Chris to take a peaceful paddle on Lake Whatcom. We will paddle out and take a moment of quiet to get connected to our bodies and the earth.

Mindfulness

Intro to Mindfulness: Join Jaclyn in learning and practicing mindfulness skills. We will do a meditation, as well as learn a few tips for beginning an accessible, self compassionate, and loving practice.

Grateful Grounding: Liz will lead a body scan and gratitude practice, followed by a journaling activity. This activity will include some joyful movement and wiggling.

Nature-inspired Mindful Moments: Join us in silent forest bathing, where we take some moments to connect more intentionally and deeply with ourselves and/in nature. Open and adaptable for all. *Writing materials provided.*

Yoga and Movement Dock

Mindful Movement: We will be sharing an hour long flow, moving and grooving in our brains and bodies. *Wear comfy clothing + bring a yoga mat or towel if you can!*

Yoga: Join us for an hour long restorative yoga practice. *Limited number of blocks and mats will be available to use. De-stress and get into ya body!*

1-2pm Yoga: Rin will be leading a refreshing, beginner friendly Vinyasa based yoga class where we will be challenging our energy within our bodies and nature using fluid, powerful, movement. Class will begin with a breathing practice walk through, and a full body warm up, and end with a meditative restful sound bath.

2-3pm Yoga: Emily will be leading a slow flow class centering on grounding and connection within our bodies and the earth. Using breathing techniques, intentional movement, and meditative rest for a peaceful hour!

5-6 Yoga: Riley will be leading an easy breezy full body yoga flow that will bring attention, awareness and gratitude to all parts of our bodies! There will also be space for a long shavasana and reflective journaling time after class. Get ready to move your body in whatever way feels good!

OUTDOOR WELLNESS EXTRAVAGANZA! Activity Descriptions



Olympics

Ever heard of an Outdoor Recreation Olympics? Come join us for a friendly competition as we build shelters, complete a beacon hunt and more!

Fire & Fun

Bow-drilling and Fire making: Come learn how to start fire with sticks. We'll have a blast we promise :) Join us for some fiery fun!

Campfire Cookin': Food, fire, fun! No problem

Good ol' Campfire Vibes: S'mores and more! Come get warm around a campfire fire and enjoy good company

Face-Painting

Bored of paper canvas? Don't fret! Come and dip into some rad face paint!

Tie-Dye

T-Shirts, socks, bandanas, oh my! Come get creative (maybe a little messy) and make some awesome tie-dye!

Crafting Cabin

Free Crafting Time: Creativity has NO bounds! Craft to your hearts content!

Jewelry Making: Beads, charms, thread, you name it! Want to enjoy some good music and vibes? Come make some jewelry!

Mindful Baking: Looking to up your pancake game? Join this interactive cooking class to connect with others, talk about feelings, and feed your soul.

Painting/Watercolor: Unlock your inner Bob Ross & get your creativity flowing. Get inspired, get funky and let's paint!

Inner-Light Candle Decorating: Drop by to decorate a candle for yourself or a friend. Candles can be helpful tools for focus, to honor a loved one, for a meditation practice, or just to create a nice ambiance! Candle decorating will be held at its scheduled time or while supplies last.

TRANSPORTATION

Shuttle service to and from Lakewood every half-hour, starting at 11:30am until return shuttle at 8:30pm. Pick-up and drop-off next to the PAC on campus. *Last WTA bus leaves Lakewood at 9:06pm.*

OUTDOOR WELLNESS
EXTRAVAGANZA!

TRANSPORTATION INFO



Shuttle Services

Pick up and drop off next to the Performing Arts Center on campus

Open seats every 30 minutes to and from Lakewood, starting at 11:30am from WWU and final return shuttle from Lakewood at 8:30pm

WTA Bus Schedule

To/From Bellingham Station: Bus 512

Leaving Lakewood: last bus leaves at 9:07pm

Personal Vehicle Transportation

Please carpool! We will have limited parking at Lakewood that we expect to fill quickly