

# Phantom Ranch Natural History & Yoga Retreat

February 11-14, 2020

*with* Kelley Ingols & Sherri O'Neil



## CLASS INFORMATION AND SYLLABUS

Yoga is a vast discipline that has been defined and practiced in many ways over several millennia. One thing that all traditions and practices agree on, is that yoga is about making connections. Uncovering and refining our understanding of these connections, and their patterns and relationships, opens us to a richer, healthier, and more rewarding experience of life.

Throughout our time together we will use the Grand Canyon as inspiration and metaphor as we explore the power of yoga to uplift our lives. As we dive into the depths of Grand Canyon we set out to uncover the unknown. During our explorations we find treasure in deeper connection to the inner landscape of body, mind and spirit that marks the beginning of life lived at a new level of depth, utilizing the outer landscape of this profound environment for inspiration and transformation.

The South Kaibab and Bright Angel Trails make their way through an excellent cross section of the geology and ecology of northern Arizona. The trails themselves have been important to the history of the Grand Canyon region, in addition to having spectacular views and access to the river and Phantom Ranch. They are therefore perfect avenues for becoming intimately acquainted with Grand Canyon. We will explore the geology, the flora, and pioneer and native history of the Canyon.

This class is perfect for Yoga practitioners of all levels.

Meals provided during the program:

Dinner on February 12 and 13

Breakfast on February 13 and 14

### DAY 1

We meet at 10:00 a.m., M.S.T., at the historic [Community Building](#) on the South Rim. The morning is devoted to an equipment check, duffel bag pack, class overview, and orientation. We will

have a chance to purchase any last minute items you may need at the Village Store in Grand Canyon Village.

In the afternoon, we'll embark on our canyon journey by venturing out on a walk to remarkable Shoshone Point. With its 270-degree views, it is the perfect location for a gentle yoga session. We'll discuss how such practice will connect us to the landscape of the Canyon over the next few days. Topped-off with an introduction to the Natural History of the Canyon, we'll be prepared for a great night's sleep and our hike the next morning.

Notes on gear:

- Yoga mats will be provided for the rim yoga sessions.
- During the class you will need to carry a day pack with lunch and snacks, rain gear, water (three-liter capacity), sunscreen, et cetera.
- For your overnight gear, GCCFI will provide shared duffel bags into which you may put up to a SMALL amount of gear (toiletries, spare clothes etc.). These duffels will be packed today before being dropped-off at the mule barn and therefore the contents will be unavailable until you arrive at Phantom Ranch.
- Bring your overnight items in a single small stuff sack marked with your name to the BEGINNING of class. Remember, it must be SMALL and may not weigh more than 9 lbs.
- Bring a yoga towel or sarong to use as a yoga mat for yoga practice on the beach by the Colorado River.
- Clothing should be comfortable for impromptu yoga sessions during hikes.

### DAY 2

We shuttle to the [South Kaibab](#) trailhead and begin our 7 mile hike to Phantom Ranch. During this steep 4,500 ft descent we will have ample opportunity to discuss how our surroundings

change with the elevation as we drop further into the Canyon. We will end our hike at a ten-person cabin at Phantom Ranch. The cabin is heated and has bunk beds, a cold water sink, and a toilet. Showers are available in a separate building. All bedding and towels are provided.

Evenings are also the perfect time for stories of the canyon—some tall, some true. After dinner each night there will be an opportunity to socialize at the Phantom Ranch Canteen that serves hikers lemonade, iced tea, and other goodies (so you will want to carry your credit card).

### **DAY 3**

We shall embark on an exploratory morning hike - after picking up our packed lunches. It will be an easy hike and will help keep our muscles from stiffening up. During the afternoon we will have our yoga session to the beat of the Colorado River and have time to relax, enjoy the scenery, and maybe take a dip in the water. This is a great place to take photos for showing your friends at home!

### **DAY 4**

After breakfast we'll pack up our gear, review topics we've covered during the last few days and how best to adapt these principals to hiking in other areas. After our discussion, we will hike out the [Bright Angel Trail](#), each individual at their own pace.

We should be out of the canyon in the mid-afternoon. Once back up on the Rim we aim to wrap-up with a yoga session to incorporate the thoughts, topics, and concepts we've covered during the last few days and how best to adapt these principals to seek more meaningful connections to the natural world within our daily lives.

We will then retrieve our gear from the mule barn and end our time together.

Lunch for today is best arranged on the previous day. You can supplement any leftovers you may have with other items available at the Phantom Ranch canteen. They stock granola/energy bars, candy bars, nuts and Bagels & Cream Cheese too.

### **ABOUT THE INSTRUCTORS**

#### **Kelley Ingols**

Impassioned by her uplifting experience of yoga practice, Kelley began her yoga teaching career in 2005. She studied for many years with inspiring and knowledgeable teachers in the Anusara methods. While living at Grand Canyon - where

she worked as an Elementary School teacher - Kelley began teaching yoga for its community residents. She taught regular yoga classes for six years, and brought in guest yoga teachers and musicians from across the west. Currently, she resides back to her home town of Flagstaff, Arizona, where she continues to teach at The Yoga Experience studio and engages in her other teaching career with first and second grade students.

Kelley's love of gathering community and nature compel her to bring people to her 'Grand Canyon backyard' to combine yoga with hiking. As an Anusara inspired yoga teacher her classes are transforming by the freedom and ease revealed through good alignment, and by the profound transformation inherent in moving from the heart. She loves to make classes playful yet challenging, and she consistently invites students to embrace their lives as a vehicle to health, happiness, and vitality.

#### **Sherri O'Neil**

Sherri grew up in Connecticut backpacking the Appalachian trail, but when she began backpacking in the Grand Canyon in the early 90's, she knew she wanted to live and work there. She lived at Grand Canyon for nearly a decade and in that time worked for the National Park Service as an Interpretive Ranger and also as a Backcountry Ranger; both positions allowing her to pursue her passion for the Canyon and its trails. In her time at the Grand Canyon Sherri has hiked 1000's of miles and led ranger programs and tours on Archaeology, Ethnobotany, and Geology. Sherri's additional canyon experience includes rafting the Colorado River during science research projects, and studying Anthropology and Archeology at Northern Arizona University. Besides leading Canyon trips Sherri is a silversmith and a certified yoga teacher.

### **RECOMMENDED READING**

Anderson, Michael F. Living at the Edge: Explorers, Exploiters and Settlers of the Grand Canyon Region.

Coder, Christopher M. An Introduction to Grand Canyon Prehistory.

Pocket Naturalist Field Guide to the Grand Canyon.

Price, L. Greer. An Introduction to Grand Canyon Geology.

Ranney, Wayne. Carving Grand Canyon.

Sadler, Christa. *Life in Stone*.

Whitney, Stephen. *A Field Guide to the Grand Canyon*.

South Kaibab Trail

Bright Angel Trail

These books and other interpretive aids can be purchased at Grand Canyon Conservancy bookstores on the north and south rims, online at [www.grandcanyon.org](http://www.grandcanyon.org), or by calling 800-858-2808. GCC members receive a 15% discount.