



Rooted Outdoors™ Facilitator Training: Level One

A foundational training for those called to lead healing, mindful experiences in nature — from hiking and nature trails to forest bathing, yoga, and meditation.

Date(s) & Location

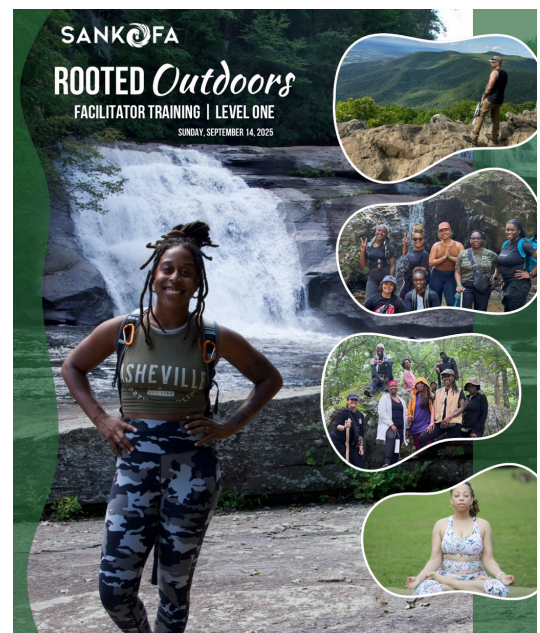
- **Sunday, September 14, 2025 or**
- **Saturday, November 15, 2025**
- **9:00 am - 5:00 pm**

Local trails & parks within 25 minutes of Sankofa Yoga & Wellness Center in Laurel, MD. Exact location shared upon registration.

Training Overview

This one-day, immersive experience equips you with the skills and confidence to guide others in mindful, nature-based practices. Whether you're a yoga teacher, wellness practitioner, community leader, or outdoor enthusiast, you'll learn to blend physical, emotional, and cultural awareness into your outdoor facilitation.

By the end of the training, you'll have the tools to create safe, intentional, and restorative nature experiences for groups of all sizes.



Why Join This Training

Rooted Outdoors™ Level One is more than a single day in nature — it's an initiation into a way of leading that is **grounded, inclusive, and deeply connected to the land**.

You'll leave with:

- Practical skills for guiding safe and mindful outdoor experiences
- Tools for facilitating cultural awareness and inclusivity in nature
- A renewed sense of connection to the earth and your role as a steward
- Inspiration to bring these practices to your own community or professional work

Whether you want to integrate outdoor practices into your yoga or wellness offerings, enhance your leadership skills, or simply deepen your personal relationship with the natural world, this training offers a transformative starting point.

What to Expect

The day is a thoughtful blend of **practice, skill-building, and cultural awareness**:

- **Breath-Led Walking, Hiking & Mindful Movement**
- **The Art of Forest Bathing** (*Shinrin-Yoku*)
- **Core Outdoor Leadership Skills**
- **Nature-Based Facilitation Rooted in Cultural Awareness**
- **Land Reverence Practices**

“Sample” Day Flow

Our day weaves together **experiential practice, group dialogue, and skill-building lessons**:

Morning – Opening circle to set intentions, followed by guided breath-led walking and mindful movement. Learn the foundations of hiking and forest bathing while experiencing sensory awareness practices on the trail.

Midday – Training in core outdoor leadership skills, including map and compass basics, group safety, and weather awareness. Lunch outdoors (packed lunch) with reflective discussion on inclusivity, accessibility, and creating safe spaces in nature.

Afternoon – Lessons in culturally aware facilitation and land reverence practices, paired with hands-on facilitation exercises in small groups. Closing circle to integrate the day's learning and outline next steps in your outdoor leadership journey.

... and more!

What to Bring

To make the most of our day outdoors — and to practice skills you'll pass on to others — please bring:

- A **packed lunch** (*we'll enjoy this outdoors together*)
- Personal snacks & water (*breakfast snacks will be provided at the start of the day*)
- Comfortable walking shoes or hiking boots
- Weather-appropriate clothing (*layers recommended*)
- A small backpack for carrying your items
- Notebook & pen for journaling and reflection
- Sunscreen & hat for sun protection
- Bug repellent
- Reusable water bottle
- Lightweight rain jacket (*in case of unexpected weather*)
- Any personal medications or essentials you may need outdoors

You'll also **learn more about gear, packing, and preparation during the training**, and a more detailed packing list will be shared with all registered participants before the training date.

Training Materials & Ongoing Learning

Participants will receive a **Rooted Outdoors™ Training Manual**, complete with additional resources and suggested homework to carry you through the fall season. These activities are designed to help you:

- Stay connected to your nature studies
- Embody the practices learned in Level One
- Begin putting your training into praxis
- Prepare for the possibility of exploring Level Two

Tuition

\$199 | Includes: Training manual, resource list, and post-training community support.

Weather & Refund Policy

This training will take place outdoors at a local park within 25 minutes of our studio in Laurel, MD, embracing the beauty and unpredictability of nature. Please come prepared for a variety of weather conditions — including light rain, mist, cooler temperatures, or wind — as these elements are part of the outdoor experience. Dressing in layers and bringing appropriate gear is highly recommended.

In the event of severe weather that could compromise safety — such as heavy storms, extreme winds, or hazardous trail conditions — we may postpone, relocate, or reschedule the training. If the location becomes unsafe, participants will be promptly notified with next steps, including the possibility of moving indoors to our studio.

We reserve the right to cancel or postpone any training before it begins. In such cases, registered students may reschedule, receive a full refund, or receive studio credit. If you can no longer attend, we do not offer refunds; however, the amount paid can be applied toward a future training program. Our goal is to provide a safe and enriching experience, rain or shine, while honoring the natural environment around us.

Certification

Upon completion, you'll receive your **Rooted Outdoors™ Level One Certificate**, recognizing your ability to guide safe, mindful, and culturally aware nature experiences.

Deepening the Roots: Suggested Books & Resources

As you continue your journey beyond our day together, here's a collection of books to help you deepen your connection to nature, expand your leadership skills, and explore the cultural, ecological, and spiritual dimensions of outdoor practice.

These resources aren't required, but they're offered to inspire, inform, and support you as you integrate the teachings of **Rooted Outdoors™** into your life and work:

- *The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative* – Florence Williams
- *Your Guide to Forest Bathing* – M. Amos Clifford
- *The Hidden Life of Trees* – Peter Wohlleben
- *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* – Robin Wall Kimmerer
- *Black Faces, White Spaces: Reimagining the Relationship of African Americans to the Great Outdoors* – Carolyn Finney
- *As Long as Grass Grows: The Indigenous Fight for Environmental Justice, from Colonization to Standing Rock* – Dina Gilio-Whitaker
- *Leave No Trace in the Outdoors* – Jeffrey Marion

About the Sankofa Outdoor Club

The *Sankofa Outdoor Club* is a growing community of alumni who've completed our **Rooted Outdoors™ Training** and taken our collective oath of care, accountability, and joy.

It's more than just a hiking group — it's a space where we build trust with one another, learn how to safely explore the outdoors, and share meaningful experiences rooted in **rest, nature, and community**.

As a member, you'll connect with like-minded leaders and continue deepening your relationship with nature long after the training ends.

Frequently Asked Questions

Q: How do I join the Sankofa Outdoor Club?

To become a member of the *Sankofa Outdoor Club*, you must complete our **Rooted Outdoors™ Training**. This ensures all members share a common language, values, and skill set — from safety and mindfulness practices to our collective agreements. Once you've completed the training, you'll be invited to future club meetups, special events, seasonal outings, and ongoing outdoor adventures.

Q: Can I attend any events without the training?

Yes! We occasionally host public or interest-based events (like free hikes, info sessions, or nature circles) that are open to everyone — and you're welcome to join us there! But core *Sankofa Outdoor Club* offerings are reserved for members who have completed at least **Level One of the Rooted Outdoors™ Training**.

Q: Why is training required to become a member?

Our club is built on shared principles of care, consent, and readiness. The training helps us create a strong foundation and safe container — so when we show up on the trail or at a campfire, we know we're with people who have committed to the same ethos. It's not just about hiking — it's about building a trustworthy, values-aligned community.

Q: What happens after I complete the training?

Once you complete the **Rooted Outdoors™ Training**, you become an official *Sankofa Outdoor Club* member. You'll be invited to private hikes, retreats, specialty workshops, and outdoor gatherings throughout the year. You'll also receive ongoing invitations, updates, and alumni-only resources to keep your practice and leadership skills fresh.

Registration

Register Online: sankofayogacenter.com/outdoors

Email: info@sankofayogacenter.com

Call: 240-786-7182