



Preparing to Summit

What are you preparing for that is worth your focus, energy and commitment?

We are delighted that you have committed to our 2021 Fall Equinox We: Summit. Together we will explore what's on the other side of both physical and metaphorical mountains.

We invite you to prepare for our summit through the lens of inquiry (mental, spiritual, emotional) complemented with physical preparation, through the schedule we share below. Neuroscience research shows that what we create in our imagination, aka - our thinking and visioning, exponentially surpasses the power of what we create physically.

We are already imagining the richness of our shared expeditions and welcome your contributions as you begin your own journey.

SUMMER SEASON TO PREPARE

As with much of life, more “practice” (aka training) leads to more mastery and with that more enjoyment of experiences.

Given our commitment to growing naturally, we are taking a seasonal approach to our preparation. Whether you consider it by the lunar schedule or a more western quarterly model, we've selected 12 weeks (three months, one season).

Your training plan includes strength training (simple bodyweight exercises), as well as cardio, in the form of walking, jogging or cycling... anything that gets your heart rate up! As your heart-rate increases you access the fire of your passion and spirit. :)

Once a week, you will complete a “long” hike, which gets progressively longer each week. You can find hikes near you, including mileage, terrain, estimated duration and elevation gain at our favorite app here: www.AllTrails.com.

If possible, it's ideal to combine miles with elevation. If this is not feasible in your life, don't worry. You can offset the lack of elevation by building in your own mechanism to stretch your lung capacity as well as prepare your muscles for the movement up, and then down, a mountain.



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Ideas to support these various aspects of training follow the timeline table.

Bottom line: if you focus on moving your body a few days a week, plus going on some shorter hikes, you will likely be prepared.

There is no greater crucible than nature to learn deeply who you are
~ Rob Jaradaleza

Week of:	Creating in Imagination A playful Inquiry for your journey:	Creating in the Physical World		
		Miles.	Elevation	Strength
July 11	What exploration is calling to me in my life?	5	1700ft	30 min
July 18	What am I ready to leave behind as I pick up my backpack to hike?	6	1800ft	30 min
July 25	What does courage mean to me? Where have I been courageous; what did that open up??	7	2100ft	30 min
Aug 1	What patterns do I notice in my preparations?	8	2400ft	30 min
Aug 8	What possibilities are whispering for my attention?	9	2700ft	30 min
Aug 15	What powers am I discovering within myself?	10	3000ft	30 min
Aug 22	What ventures in my life require partnership + interdependence to thrive?	11	3400ft	30 min
Aug 29	As I deepen my commitments and relationships what space for play become possible?	12	3800ft	30 min
Sep 5	Taper: in a culture that says speed up, what do I notice in slowing down?	9	2000ft	30 min
Sep 12	Rest: what does it feel like to take a time-out?	6	1700ft	30 min
Sep 19	Celebration: how will I appreciate and integrate the gifts of this exploration?!			



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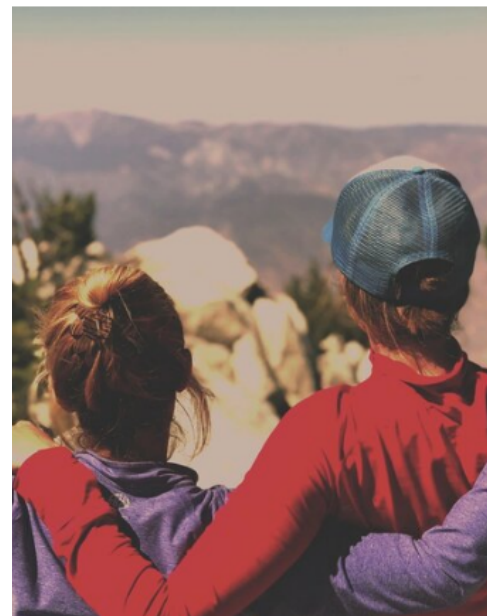
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STRENGTH WORKOUT OPTIONS:

- 9-minute Strength Workout:
 - <https://www.nytimes.com/guides/well/strength-training-plyometrics>
- Our favorite Mountain-building series:
 - Mtn. Climbers
 - Pushups and/or Triceps dips
 - Sidestep Lunges
 - Plank
 - Bench step ups + down, increasing intensity
 - Single leg deadlift
- Climb across a jungle gym, scramble on boulders
- Yoga Class

Non-hike Cardio options:

- Playing/Swimming in the ocean
- Running
- Dancing
- Cycling
- Cardio-based classes
- Playing tag, hopscotch and other movement oriented games



The conversations and experiences of this journey will invite you to unearth new worlds within yourself and access to new heights in your heart's desires.

*In the spirit of what shared experience in nature makes possible,
MaryCay & Ash*

"The things that women reclaim are often their own voice, their own values, their imagination, their clairvoyance, their stories, their ancient memories. If we go for the deeper, and the darker, and the less known we will touch the bones."

- Clarissa Pinkola Estés