

Curriculum

Level 1 certification is comprised of approximately 75 hours of instruction and practice in the following categories:

- Nature Meditation/Observation
- Council Practice/Group Facilitation
- Forest Bathing/Mindfulness
- Naturalist Instruction
- Science/Evidence
- Outdoor Skills

Required Reading

- *Last Child in the Woods: Saving Our Children from Nature Deficit Disorder*, Richard Louv
- *Your Brain on Nature*, Eva Selhub and Alan C. Logan
- *Braiding Sweetgrass*, Robin Wall Kimmerer
Please read 'Learning the Grammar of Animacy,' 'Allegiance to Gratitude,' 'In the Footsteps of Nanabozho: Becoming Indigenous to Place'.
- *The Miracle of Mindfulness*, Thich Nhat Hahn
- *Your Guide to Forest Bathing: Experience the Healing Power of Nature*, M. Amos Clifford
- *Rewilding: Meditations, Practices and Skills for Awakening in Nature*, Micah Mortali

Suggested Reading

- *The Way of Council*, Jack Zimmerman and Virginia Coyle
- *The Nature Principle*, Richard Louv
- *The Nature Fix*, Florence Williams
- *The Tao of Pooh*, Benjamin Hoff
- *What the Robin Knows*, Jon Young
- *Peterson Field Guide to Birds of Eastern and Central North America*, Roger Tory Peterson
- *National Audubon Society Field Guide to Trees: Eastern Region*, National Audubon Society
- *Tracking and the Art of Seeing: How to Read Animal Signs*, Paul Rezendes

Gear

- Comfortable hiking shoes
- Mud boots
- Rain pants
- Rain jacket with a waterproof shell
- Wool or synthetic base-layers (no cotton)
- Wool or fleece mid-layers
- Rain hat
- Warm hat/beanie
- Gloves
- Sunglasses
- Trail seat (for sitting on wet ground)



MINDFUL OUTDOOR GUIDE CERTIFICATION, LEVEL 1

March 12–May 9, 2021

Micah Mortali and Katie Hagel

- 30-liter backpack
- Water bottle
- Gerber multi-tool or Swiss Army Knife with a locking blade
- Headlamp
- Mug and Thermos
- Basic first-aid kit
- Emergency whistle
- Matches and