

Juniper Retreat

Hawk Circle Wilderness Education

August
15-21,
2010



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Plant Medicine and Earth Mysteries

A Retreat for women

ages 16-25

Juniper, the well loved character in the Wise Child series written by Monica Furlong, lived a life full of mystery, magic and the healing arts. During this retreat, we will bring this way of life that is all but lost in today's society, into the present and experience the power behind living life intuitively and with an expanded awareness of our relationship to the natural world.

We will explore the power within us and learn what it is to stand in our truth as women who help to maintain balance and the natural order of things.

Most ancient cultures lived a life that worked with the energies of the Earth and the Cosmos helping to bring about healing and to maintain a healthy way of being for their communities. During the Juniper Retreat, we will come together as a small community

of women, both young and old, creating a vibrant day to day living that is sacred and in alignment with nature's divine order providing us with a magical experience and deeper awareness of self.





Left:
A collection of dried roots, bark and flowers used to create healing salves and tinctures.

The ceremonial water flask.

Below Right:
Bark and twigs used to create earth toned dyes for wool and other fibers.



The Juniper Experience

Plant Medicine:

An abundance of medicinal plants grow through out our landscape here at Hawk Circle. We will learn how to identify them, harvest them and prepare them for use in healing oils and salves as well as tinctures.

We will also be harvesting plant material to dye wool and other fibers which we can use in the creation of our medicine bags.

As a community of women, we will work together to gather plants and herbs for our meals each day. Hearty soups, herbed breads and honey cakes will be our sustenance for the week.

The Lodge:

Each evening we will gather comfortably, in the teepee and while making our selves comfortable, tending a small fire, we will enter into sacred space where stories and teachings of the feminine will be shared. Singing, drumming and dancing will all be part of the lodge experience.

Ritual:

Our daily and weekly rhythm will be infused with ritual and ceremony helping to bring our group together in a magical

experience and to further enhance our awareness of the sacredness of the natural world. From sharing a morning song to the ritual art of bread baking, we will experience the power of ritual woven into daily living.

Skills and Craft:

Intuition is a powerful skill that we all have but is often not fostered. Throughout the week we will learn different techniques to listen to our intuition enhancing our inner voice and inner vision. We will also learn techniques that help to maintain balance in our lives and in our communities. Along with these skills we will work on crafts, infusing our power and spirit in to our work, creating medicine objects such as a woven or felted pouch, bone talisman, and rattle.

Water Ceremony:

We ask all participants to bring a bottle of water from their local stream, river, lake or ocean for a water ceremony. We will be combining our waters, shifting the frequencies creating a potent pool of water that all can draw from, take home with them returning the water to its source to support the healing of our life giving water ways.

Logistics, Gear & Accommodations

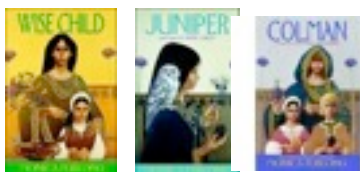
What you need for your adventure

What to Bring:

- A sharp Knife for carving
- Clothes that can get dirty
- Rain Gear (good quality)
- Sleeping bag/Sleeping Pad
- Pillow and pillow case
- Personal Toiletries/Medications
- Sunscreen
- Sturdy Shoes and Teva type sandals
- Bathing Suit/Towel for swimming and bathing
- Biodegradable soap and shampoo
- Journal/Notebook/Pens
- Camera
- Daypack
- Water Bottle
- Flashlight/Headlamp and batteries
- Extra Blanket
- Musical Instruments (optional)

Note: *Our programs are outdoors and the weather can be unpredictable. We can have unseasonably warm or cold weather, and it is better to be prepared and comfortable than to skimp! We do have a heated workshop room so we can learn inside in case of constant rain. Also, bring gear that can get dirty, possibly permanently!*

Recommended Reading:



Wise Child & Juniper series by Monica Furlong

Please Don't Bring: Electronic devices that will surely distract from the program, cell phones (there is no service here) and any medications that are not prescribed by a doctor. We are a non-smoking community and alcohol is not permitted during our summer program season.

Ticks/Poison Ivy

We have a low tick presence (we find, on average, one-two ticks per year, total!) which is an important health and safety consideration for many people. We also have a low to no poison ivy.



Housing & Accommodations:

We have several cabins with beds or bunks and tents available. Our camp has a fire circle and the cabins are accessible by car if needed. Our farmhouse houses our apprentices, staff and office, camp kitchen, bathrooms/showers and a small dining area. We have a heated workshop room in our barn that makes for a comfortable learning classroom and indoor space in case of strong weather. All tools and materials will be provided during the course, with the exception of your knife.

How To Register

Program Fee: \$925

Please complete and mail in the application attached accompanied with a \$400 non-refundable deposit.

Multiple Program Discount: \$50 off tuition when applying to more than one program.

Sibling Discount: \$50 off each program.

Travel Fee: \$75 round trip fee for pick-up and drop-off at Albany bus, train, or airport.

You will receive a letter confirming your acceptance into the program, at which time you may download a complete registration packet which includes parent information, and required medical forms for those of you under the age of 18.

For those of you 18 years and older, we do not need medical forms, however, please inform us of any dietary restrictions and/or allergies.

Right:

Drying an assortment of mullein leaves and garlic just recently harvested.

Above:

The Hawk Circle Farmhouse.



Food & Menu

To help you plan:

Our menu is full of hearty staples that will keep everyone going throughout the program. We purchase all of our beef from a local biodynamic farm and our vegetables are grown in our own organic garden as well as purchased from local, organic growers. We are a very small facility so we are unable to accommodate those with special or unique diets. We strongly suggest that students with special needs **bring their own food** to make sure they are getting what they need while here at Hawk Circle. We do offer a vegetarian option with every meal.

***The menu for the Juniper Retreat will not be our typical menu since we will be involved in making many of our meals together as a community.**

Part of the experience of the Juniper Retreat will be the preparation of our meals together as a community, harvesting foods from our organic garden, collecting wild



Coal burned Bowls & Spoons

There is a tremendous joy that comes from making something with our own hands, working with natural materials and the self confidence we feel when we are successful in our creations.

edibles and learning the use of herbs in cooking.

Our meals will be simple, great tasting and nutritious. We will prepare our own breads for the week using different grains and nuts that we have processed ourselves, collect a variety of herbs for our soups and for our daily teas, and make our own butters and jams sweetened with locally harvested honey.

Menu is subject to change according to availability.

Healthy snacks of fruit, carrot sticks and crackers are served every afternoon.

Please let us know if you are a vegetarian at the time you apply. Thank you!



The Hawk Circle Kitchen:

Food always tastes better when you are hungry! We offer great meals that will keep you going as you learn.

Hawk Circle School Store & Gear

We offer a small array of good knives, flint & steel Fire making Kits, t-shirts, organic herbal salves & oils, and wilderness tools for sale. If you are having trouble finding a knife that is great for carving or need a good gift for someone in your family, check out our current inventory of items! Call for availability. We will soon be online, too, so check our website for updates and seasonal specials.



Far Right Top:
Heather Burrill



Far Right Bottom:
Trista Haggerty



Hawk Circle's Director, Trista Haggerty and Camp Director and Instructor, Heather Burrill

Trista Haggerty, having introduced the Wise Child books over 15 years ago to the summer camps at Hawk Circle, has wanted to recreate the way of living that is so appealing to those who have read the books and fallen in love with the character, Juniper.

Trista has spent the past 16 years traveling to sacred sites around the world learning the ancient art of community living in respect and relationship to the natural world. She has experienced first hand the initiatory rites that once took place at these old temples that were schools of greater consciousness.

Infusing her work and wisdom into Hawk Circle over the years has helped to hold Hawk Circle as a place where magic happens!

For years, women of all ages have gathered at Hawk Circle in search for a deeper meaning of life and to connect with the ancient wisdom of the healing arts.

Trista and Heather have discussed often the growing need for the women to gather and to create a tribe who come together to learn the skills of the ancient ones, bringing back the wisdom of the earth and inner mysteries.

The Juniper Retreat is a result of these many discussions. Our hope is that it will provide an experience of profound connection with the sacred and the natural world where the women will form a bond with one another that will have a lasting effect and where they will return to year after year for renewal, wisdom and personal growth.

*Blessings,
Trista and Heather*

Heather Burrill first came to Hawk Circle as a student in 2001 with a background in Organic Farming and a Baccalaureate in Education. She has since then spent almost a decade teaching earth skills and pioneer living skills at Hawk Circle as well as programs in Canada.

Heather's exploration of traditional crafts and the harvesting of natural materials has further deepened her connection with the Earth and its abundance. It has given her the gift of independence: making wild foods and medicines harvested directly from the land as well as making clothing and containers for many uses.

She brings to the Juniper Retreat a vast palette of skills and artistic talent.

Directions & Travel

How to get here:

We are located about an hour and 15 minutes southwest of Albany, near Cooperstown, NY. Depending on which direction you are traveling from, you should be able to get here using the directions below. Beware of Google Maps and small, badly marked local roads! Usually, the main roads are the sure way to arrive here on time.

Getting to Hawk Circle from Albany

(For people coming from the North, East, South or Hudson Valley Areas; Boston, VT, NH, NJ, New York City, etc.):

Get to the I-90 and I-87 Junction in Albany, then head **West on I-90**. After about 10 miles, you will take the **25A** exit for **I-88**, (Oneonta-Binghamton). Take the **second** exit (**exit 24** for Duanesburg) and follow signs for Cooperstown. You will be heading West on Route 20. Drive about 32 miles until you see the Cherry Valley Exit. (It is a few miles after you pass through Sharon Springs.) At the bottom of the ramp, turn left on **Route 166** and drive one mile into the village of Cherry Valley. At the Street Light, turn **LEFT** and drive **2.6 miles south on Route 166**. You will see our sign for Hawk Circle on the left. Turn onto our dirt driveway and drive about half a mile, passing over a small stream and over a small hill until you come to a parking area on the right!

Welcome to Hawk Circle!

From Maryland, Pennsylvania or Southwest:

Get on **I-88** and head **north** until you get to the **Cooperstown Exit 17**. Turn left at the bottom of the ramp and head **north** on **Route 28** until you reach Milford. At the Street light, turn **right** and drive north on **Route 166** for about 15 miles. When you

come to the tiny town of Roseboom, continue straight on 166 for 1.4 miles. (You will see our Hawk Circle sign.) Turn onto our dirt driveway and drive about half a mile, passing over a small stream and over a small hill until you come to a parking area on the right! **Welcome to Hawk Circle!**

From the West (Rochester, etc) VIA I-90:

Take **I-90 East** towards Albany. Shortly after passing through Utica, you will come to the **Herkimer/Ilion Exit**, which you should take. Follow signs for Route 28 South through Mohawk until you get to **Route 20 in Richfield Springs**. Take a left turn heading East on Route 20 and drive about **15 miles** to the Cherry Valley exit. Take a right turn onto Route 166 at the off-ramp, and drive one mile into the center of Cherry Valley. At the light, take a **LEFT TURN**. Drive 2.6 miles south on Route 166 until you see our driveway and Hawk Circle Sign on your left.

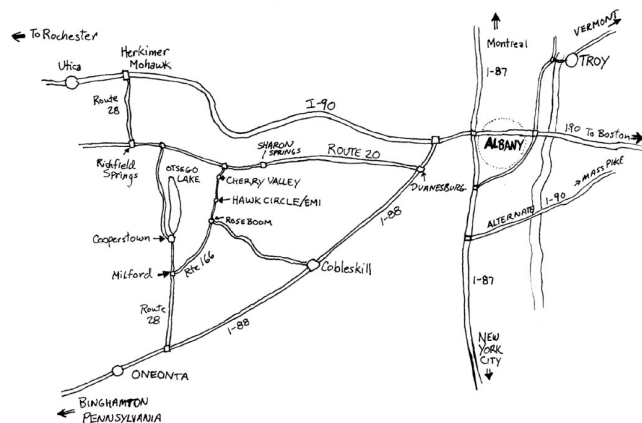
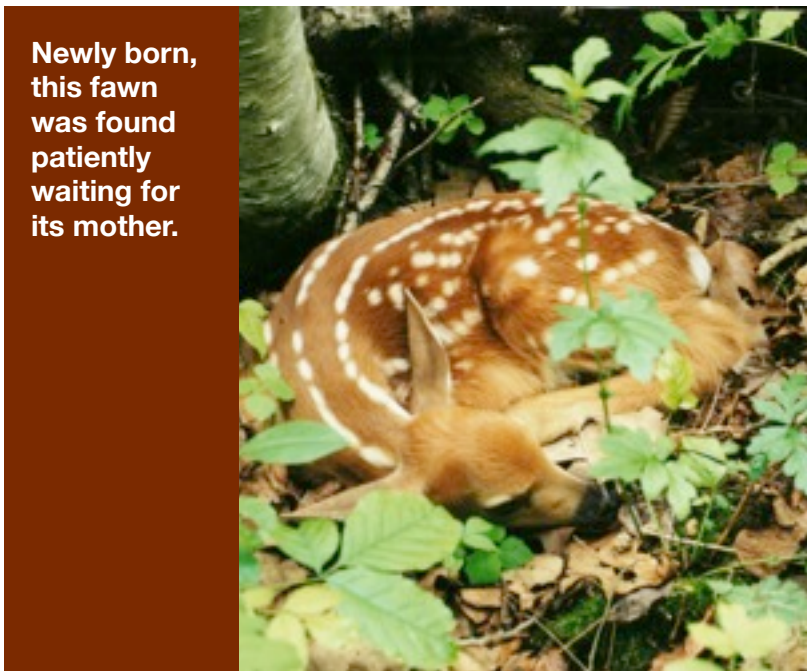
Public Transportation:

If you need to travel by **train** or **air** the destination of choice is **Albany, NY**. Pick-up cost is \$25 one way **per person** from Albany. Please let us know your arrival dates and times as early as possible so we can make arrangements to get you! There are usually one or two pickup times on arrival days so you may have to wait

for a short while if you arrive early.

Have a Safe Journey! We look forward to seeing you soon!

Google Street Address: 3496 State Highway 166, Cherry Valley, NY 13320





HAWK CIRCLE PROGRAM APPLICATION

Program Name(s): _____ Program Date(s): _____

Applicant's Name: _____

Date of Birth: _____ Age: _____ M/F(please circle)

Address: _____ City: _____ State: _____ Zip: _____

Home #: _____ Cell #: _____ Work #: _____ Email: _____

Parent/Guardian Name: _____ Phone #: _____

Parent/Guardian Name: _____ Phone #: _____

Emergency Contact: _____ Relationship: _____ Phone #: _____

Do you have any dietary restrictions? (We are not able to accommodate extensive dietary issues. Those students who have special diets are encouraged to bring foods from home to supplement our meals in certain instances. Please call for more information.)

How did you find out about us? _____

What is your main reason for attending this program? _____

The Fine Print: Due to our Policy of not overbooking our programs, we require a \$400 non-refundable deposit. This must accompany your application. The remaining balance is due no later than May 15th. Any payment plans must be approved by the main office in advance of your program start date. Payments received after May 15th will be subject to a 5% late fee. ••We will refund your deposit in the event that we cancel the program. If you need to cancel, please notify us immediately. For cancellations made two weeks prior to the start date of the program, we will refund your full balance minus the deposit. For cancellations made within the two weeks to the start date of the program, we will transfer your balance minus the deposit over to another program of your choice to be used within one year's time. There will be no refund for any portion of your tuition for cancellations made within 48 hours of the start date of the program. Any person who leaves during the middle of a program due to illness, injury, expulsion, or any other reason will not be refunded any portion of the course fee.

Release

I agree by my signature indicated below, to book this program with the intent to have my school's class of students listed above attend the Hawk Circle Wilderness Education's school program, as planned by the program director and myself. I understand that the programs offered by Hawk Circle can expose myself and my students to activities that have inherent risks, and that the staff of Hawk Circle will make every effort to keep each activity as safe as possible. I further understand that Hawk Circle is not responsible for safety issues that were not disclosed to the staff prior to the commencement of the program.

Program Participant's Signature *Name(please print)* *Date*

Parent's Signature (required if under the age of 18) *Name(please print)* *Date*

Please Make Checks Payable To (in U.S. Dollars) :
THE EARTH MENTORING INSTITUTE OR HAWK CIRCLE

Amount Enclosed \$ _____ Check Number _____

We Accept Visa and Mastercard CC# _____ EXP / /

Thank You! We are looking forward to meeting you!

Mail Completed Application and Deposit to : **Hawk Circle, P.O. Box 506, Cherry Valley, NY 13320**

Contact Info: HawkCircleOffice@gmail.com (607) 264-3396 Office (607) 264-3256 Fax