



#### Karen Joy Fletcher: Earthgym - Musing the Earth's Song through Sticks & Wonder Wands



Karen Joy Fletcher, MPH is a writer, professional adventurer, and qigong instructor; she leads Qigong & Wilderness expeditions in Western China, is passionate about healthy living, outdoor play, nourishing life (養生 yangsheng) practices and inspiring others in joy cultivation and Nature connection. Explore a very simple practice using earth's tools, with the teachings of the Earth, and moving our body in a diverse landscape, with the way of yay and play as a gateway.

**TOP EMBODIMENT TIP:** Go outside and follow your sense of wonder - go for a walk without any specific destination in mind. Follow your senses, immerse yourself in the magic from the earth, and the learnings will follow.

What is EarthGym: EarthGym is a way to tap into our childhood passion for using outdoor play to learn from life.

- Recommended to do this outside, or with the windows open, on a yoga mat, and with a stick/broom.
- Through this movement-practice EarthGym is a powerful and playful, practical, and primal way to learn from our greatest teacher Mother Earth.
- When moving our bodies through different terrains, we start to learn from the chi, vital life energy from the earth. Chi is also translated as information which we are constantly gathering for our bodies.

### Mantras To Explore During EarthGym Sessions:

- "The way of 'yay' and play is a gateway"
- 'Teach me tool' if you find an earth tool and aren't sure what to do with it, use this practice.
- 3 R's building rapport, finding a rhythm, and building the repetition
- Follow your feet and Earth will teach.

### Stick Practices:

- **Discipline creates freedom** having a simple structure allows the earth's teachings to flow through us.
- Smiling is part of the practice as it allows the earth's chi energy to rise into the body and the soft tissues around the mouth, creating joy.
- Having an earth tool can give us permission to play.

### Wonder Wands:

- **Silent walks** where each person guides the group to a place where they sense wonder. Then the group collects wonder wands.

### Resources:

- Website: <u>www.karenjoyfletcher.com</u>
- References: Barefoot Sensei, Nick Dodge





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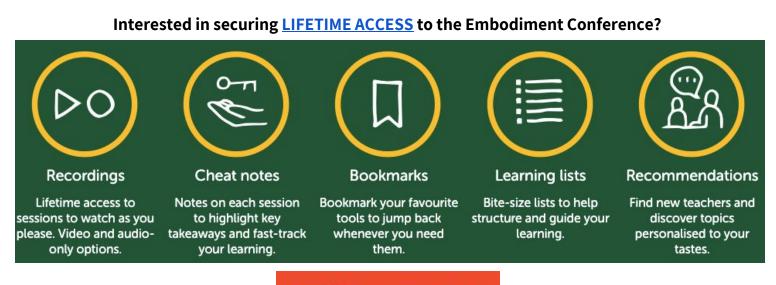
## **Forests Without Frontiers**



Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transilvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

**OUR MISSION** is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.



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