

REWILDING 2020

A weREWILD & Wolf Tribe Retreat

Reconnection to Self and Preservation of Tribe.

El Capitan Canyon, CA | January 24-26, 2020



weREWILD

For more wholeness and health, there are a few important things to focus on: like, how do we become active stewards for our world, how do we integrate our modern existence with our ancient needs, and how can we contribute to the greater community good in such a fractious world? We REWILD, to start.

REWILDING is a return to ourselves – to our innate intelligence, intuition, and creativity, also recognizing our inextricable and biological connection to the natural world. REWILDING is the emphasis of healthy self-individuation and community engagement, returning to the cultural and tribal paradigms we are organically structured for. The throb of modern-day life has deadened some of our connection with our true selves, and we've certainly eliminated a great deal of nature, play, and meaningful social interaction from our day-to-day lives. Yet, evolution did not remove these crucial elements from our human make-up.

What are you missing? Energy? Passion? Presence in the moment? Stillness? Community? The earth underneath your feet? What have you turned your back on? What did you once love as a child? All of this is waiting for us to explore this weekend.

We believe happiness, creativity, and systemic changes in your work AND your personal life rarely start with work tools, they start with a focus on mind, body, and being a part of the whole. You'll likely walk away with many beautiful tools and insights, but the focus of Rewilding 2020 is on presence, accountability, and joy.

REWILDING 2020 includes speakers, discussions, and hands-on workshops and exercises rooted in psychology, anthropology, activism, permaculture and teams building - including ropes courses, fireside group work, yoga, as well hands-on play. This weekend you'll listen, you'll reflect, you'll participate, and you'll likely experience breakthroughs in places you've felt the most stuck. Hopefully you'll make life-long connections with your Pack around you. We can't wait to meet you in person.

REWILDING is for all genders and non-binary
REWILDING is for anyone above the age of 21



ABOUT YOUR
HOSTS &
FACILITATORS:



Coach, facilitator, and therapist in training

Micha Thomas

is the founder of weREWILD, a group facilitator, Reiki healer, and wellness and behavioral health consultant, completing her Masters in counseling (depth) psychology and also working with Wolf Connection, an education and empowerment program, pairing rescued wolves with at-risk adolescents and adults.

weREWILD is the result of years of building her healing practices, research, and a lifetime of learning – from joy, from loss and grief and trauma, from chronic health conditions, and from humans and nature. Micha formerly carved out successful marketing, storytelling, and branding initiatives for clients across culture, music, non-profit and technology industries for over 13 years. She has been featured in The New York Times, Los Angeles Times, Los Angeles Magazine, Apartment Therapy, Refinery29, The Chalkboard Mag, Sakara Life, DesignSponge, and more for her work and written for Elle magazine.

Cultural anthropologist Philip Folsom

is also a culture development expert, veteran, and CEO of Wolf Tribe, a division of Philip Folsom Programs. He is the founder of Human Kind—a holistic consulting agency, as well as SPARTA, a critically acclaimed PTSD and suicide prevention program for warriors.

Philip is known for his unique Tribe workshop that focuses on the primary culture components of building healthy and high performing teams. His work regularly includes innovative adventure programming such as vision quests, caving, high ropes challenge courses, Zen archery, and workshops with wolves.

His current clients include Microsoft, Apple, Snapchat, Fox Pictures, and Space X. Philip has sat on numerous boards including Red Bull's High Performance Department. His work is regularly featured on television and podcasts, and he often works with groups from USC and Marshall School of Business.

Experiential Leadership Expert Tanya Folsom

Tanya Folsom is a leader in the youth leadership field and a critically acclaimed early childhood development expert. Her 20-year-career working as a Program and Operations Director in the school culture development field taught her the vital importance of commitment to relationships and contributed to her core passion: helping people reach their full potential in an environment where they feel safe, respected, and understood.

Tanya earned a degree in Psychology from Concordia University with a focus on early childhood education. After moving to Los Angeles in 1997 she discovered a love of the outdoors and pursued a career in experiential leadership development where she was able to combine her passion of working with people and the outdoors providing team building and leadership programming to organizations ranging from inner city non-profits, at-risk youth and private schools. Tanya is the Co-founder of Wolf Tribe, a culture development company focusing on helping individuals and organizations reach their full potential.



El Capitan Canyon

Santa Barbara CA | January 24-26, 2020

PACKAGE INCLUDES:

- 2-night stay in mostly group cabins and yurts. Private cabins or yurts available in "Grey Wolf" package
- All meals (Friday snacks and dinner; Saturday breakfast, lunch & dinner; Sunday brunch)
- Attendance at full retreat: Friday-Sunday programming
- Wine and beer throughout the weekend
- Welcome bag of sustainable goodies (last gift bag \$250 retail value)

ON-SITE AMENITIES:

- Heated pool
- Hiking trails
- Complimentary bikes
- Group fire pits
- Wi-fi
- Energy efficient Cavco Industries cabins and custom yurts
- 10-minute walk to ocean
- Ample parking

- Concierge - to aid with dietary restrictions, restrictions, bunking assistance, and any special needs

OTHER DETAILS:

- 2.5-hour drive from Los Angeles and 20-minute drive from Santa Barbara airport
- 15-minutes from downtown Santa Barbara
- Handicap accessible and available accommodations
- REWILDING 2020 general store

WHAT'S NOT INCLUDED:

- Travel and transportation





PACKAGE OPTIONS

Dire Wolf - \$1505

Single bed in shared 4-person bunk cabin
Shared bathroom
Friday – Sunday full retreat attendance
All included meals and snacks throughout

Coy Wolf - \$1705

Single bed in 2-person cabin (sleeping loft or queen bed)
Friday – Sunday full retreat attendance
All included meals and snacks throughout

Grey Wolf - \$1895

Private, individual yurt
Private Bathroom
Friday – Sunday full retreat attendance
All included meals and snacks throughout

PROGRAMS, WORKSHOPS & SPEAKERS

REWILDING YOUR MIND & NERVOUS SYSTEM

- Sacred introductory circle
- Introduction to Rewilding
- Breathwork and mindfulness exercises

COUNCIL CIRCLES & GUIDED JOURNALING

Speakers and panelists to be announced

TRIBEWORX WORKSHOP

Anthropologist Philip Folsom reveals the ancient mysteries of humanity that can have transformational impact on the health of today's communities. He will describe how, by invoking the universal lessons of tribal behavior, we can all become leaders and integral parts of highly collaborative teams.

TRADITIONAL COFFEE AND TEA CEREMONIES

CHANGE STARTING WITH SOIL

- An immersive conversation and dinner with Kiss the Ground

HIGH ROPES CHALLENGE COURSE

A Philip Folsom high ropes challenge course is a high-impact experience, emotionally and mentally, creating space for individuals and the Tribe to face fears and learn deep lessons. Themes:

- Overcoming Challenges, Trust, Communication, Accountability, Goal-Setting, Celebration

MORNING YOGA

- Saturday morning wake up yoga

"NO PROB-LLAMA HIKE"

- Gentle Sunday closing hike to nearby llama farm





FAQs

What does the cost include?

2-night stay at El Capitan, welcome gift bag full of goodies, meals and beverages throughout the weekend, attendance at full retreat, and an unforgettable weekend.

What is the refund policy?

We understand that life can be unpredictable and things come up unexpectedly. By November 23, we can partially refund. However, beyond that no refunds will be available, as El Capitan books their cabins often times a year in advance, and we are responsible for your lodging and meals at that time. Thank you for your understanding.

What do I need to bring?

Following is a suggested list of items; however, what is most important is to bring items that make you feel comfortable. Clothing for group movement classes, notebook, pen, shoes for hiking and ropes course, a bathing suit, layers for changing temperatures during day and night.

Can I bring my cellphone and laptop?

Absolutely. Be mindful there won't always be time to charge nor connect to wi-fi. Please bring alternative methods of taking notes.

Can I record the sessions?

Unfortunately, no. We work very hard to create our curriculums and programs, from extensive research, our professional training and experiences, and from brilliant colleagues. While we offer many resources via weREWILD for free, we ask that you respect the content of our retreats and keep it safe.

FAQs

What if I don't know anyone going?

Well then, you might be in for a bigger treat than you gambled for! The purpose of these retreats is multi-dimensional, but it starts with nurturing individuals to thrive better in society, in Packs. We strive to make you feel very welcome, and know the rest of the attendees will as well.

I'd like to share a cabin or house with folks. Can you connect me?

Yes, that's how this retreat mostly works! We'll be helping connect you with other attendees looking to share accommodations. Once you've registered, please fill out our survey via SurveyMonkey, which will be sent to you following. You can also then email hello@werewild.co with any additional information you'd like to provide us with to help pair you.

I'm planning to attend the retreat with several of my friends, are we able to request a cabin all together?

We will absolutely do the best we can to accommodate your group. Depending on the number in your pack, we will try to get you a cabin together or put you in the same group cabin with other attendees. Please email hello@werewild.co after you've registered with the full names of your group, and we will work on your accommodations.

I need a cabin Thursday night. Can I come early?

Yes, of course. Email our concierge at hello@werewild.co, and we will work with you directly to add any additional nights you may need at El Capitan Canyon.

How physically fit do I need to be to participate in all of the weekend activities?

The ropes courses are more mentally challenging than physical. If you can climb a ladder you can do this. Yoga and brief hiking can also be taken at whatever pace best suits you. Yet, we will need to know of any injuries.

Do you offer discounts or scholarships?

We are currently working with some of our brand new partners and sponsors in this endeavor to hopefully offer sponsorships for retreats down the line.

How can I get involved/volunteer?

We're always in need of an extra set of hands and a full heart to help us pull off all these big undertakings of ours! Please email hello@werewild.co with "Would like to volunteer for retreats" in the subject line. Please tell us a bit about yourself, where you currently reside and some of your interests to aid us in determining a magical place for you on our team.

TESTIMONIALS FROM 2018

"Thank you so much! I loved every bit of it! I would love to put something like this together for our behavioral health group. Loved the Qand As with the trauma survivors and those struggling with eating disorders. So powerful. And the cabins were great for bonding. Would be great to do random assignment to help people branch out and get to know others. I love the whole deal. I loved the whole thing. It was really cool."

"I'm sitting in the bus to San Francisco sobbing my eyes out! And that's huge for me because I'm not a person who shows her feelings! But this weekend showed me through all those different stories! That it is ok to struggle with the past and get help! And that's what I finally have to do now so I can focus on the bright future! Thank you guys so much! I can never tell u how grateful I am for that!"

"BALANCING ACT: had the honor of speaking with the beautiful beings @ Rewilding retreat today... at one point I was asked how I manage my different roles - being sensitive, creative and also existing in the modern, business world... this question is especially poignant at this point in my life (thank you to @jessieroselevoy who asked this question - for inviting a deeper dialogue of transparency and vulnerability!)... feeling much love and gratitude for this powerful community of artists, activists, healers and entrepreneurs, all who inspire me constantly... thank you☆☆"

"The most wonderful part of REWILDING was seeing the transformation in the beautiful souls that came along with us talking about mental health and recovery, and talking about the things that scare us. Opening discussion and being vulnerable and soft, and telling my story and being a part of others' first steps toward self acceptance and willingness to believe they're deserving of help? Meeting gorgeous sparkling souls who you connect with deeply, instantly and fiercely?"

"I'm still trying to process the last weekend. All the different kinds of emotions, feels and thoughts are still coming up. Those days are the kind of memories you cherish forever!"

We can't wait to Rewild with you.

Love,

Micha, Philip and Tanya