

**FSU  Campus Recreation
OUTDOOR PURSUITS**

Trip Itinerary + Log

QUICK FACTS	
Trip name:	Meditation Retreat
Trip date(s):	2/17-2/18
Pre trip meeting date and location:	2/14 @ 7:00pm; Leach Center Wet Classroom; (Pre trip email will be sent Monday before trip)
Trip leaders:	Michael Hooten & Matt Romney
Trip cost:	\$20 FSU Student / \$30 Non-student
Activity:	Hike, reflect, (optional) meditation & Qi Gong instruction
Location (include State Park website, if applicable):	http://www.gastateparks.org/Seminole
Please provide any unique features of this trip:	Group & individual beginner meditation & Qi Gong instruction provided by Level 2 certified Qi Gong instructor; lake/swim; geocache; will have screened-in "tree house" pavilion for meditation in secluded forest.

TRAVEL INFORMATION	
Method of travel:	1 Van 2 Vans Bikes Other _____ Trailer(s)? _____
Departure time:	1:30pm Friday
Departure location:	REZ
Any prominent stopping points?	
Anticipated arrival time to site:	3:30pm Friday
Anticipated return time to FSU:	7:00pm Saturday

OVERNIGHT LODGING – please indicate where you will be lodging, the type of site (primitive campsite, primitive shelter, group campsite, cabin, hotel, other), and any other information that will help identify your site (park name, campsite #, etc.)	
Night 1	Camp in sleeping bags in tree house if overnight
Night 2	
Night 3	

GEAR	
If paddling trip, what type of vessel is being used?	Kayak Canoe Both Sailboat
Do participants need to bring any special type of gear?	Pillow or yoga matt, water, lunch & snacks, but spray
Any other special instructions?	

FSU  **Campus Recreation**
OUTDOOR PURSUITS

Trip Itinerary + Log

	Mileage/time	Route traveled/trail used	Water availability	Terrain/ trail conditions	Campsite
Day 1	63 miles; approx. 1.5 hours	US 27 & GA 253	Lake Seminole swim area	30min situate in park; 1 hr meditate teach & practice; 1hr free/personal time; 1hr qi gong teach & practice; 1 hr free; 30 min pack up (5 hours)	Tree house screened-in for overnight
Day 2	63 miles; approx. 1.5 hours	US 27 & GA 253			
Day 3					

Other special considerations for this trip:

Would need sleeping bags and pads for participants if overnight