

# **BACKCOUNTRY YOGA**

## **Mindful Living in the Outdoors**

### **U-EXPLORE**

Parks, Recreation, and Tourism Department  
University of Utah

Course Number: PRTW 1340/340-001  
Spring 2021 – 2 .0 Credit/non-Credit

**Instructors:** Tiffany Harrison  
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[wasatchbackbettys@gmail.com](mailto:wasatchbackbettys@gmail.com)

**Office Hours:** By appointment only.

#### **Suggested Skill Sets / Fitness Level/Background:**

- Students should possess an adequate level of fitness to participate in this class. For the purposes of this class “adequate” is described as the ability to hike on uneven, rocky, terrain for two miles.
- Ability to confidently swim 25 yards.
- No previous paddle board experience or yoga experience is necessary
- Willingness to camp and cook outdoors
- No previous knowledge of yoga terminology or experience is required

**Course Description:** This introductory class is designed for students to unplug, let go, and find their Zen in a nature-based setting. The focus will be on forgetting about “what’s next”, making the connection between mind, body, and spirit and how we can more freely do this in nature by having a full sensory experience through sights, sounds, smells, etc. Students will also learn about making healthy living and lifestyle choices. Students will have the opportunity to learn the necessary skills to enjoy entry level paddle boarding, hiking, as well as incorporating and practicing yoga both on land and on the water. Overnight camping, cooking outdoors, hiking and stand-up paddle boarding will be covered in this class.

#### **Learning Outcomes:**

At the conclusion of this course, each student will be able to...

- Define the 7 Leave No Trace principles and philosophy as they relate to camping, backcountry travel, and paddle boarding within the context of this class.
- Demonstrate their comprehension & application of yoga and basic yoga terminology in the outdoor setting through discussion and by demonstrating a series of yoga postures both on and off the paddle board, in camp and on the trail.
- Employ basic route finding, hiking and time management skills relevant to backcountry travel

- Demonstrate and practice proper risk management skills for both water- based and land -based activities as they relate to the context of this class.
- Present orally, their own interpretation of a chosen topic from list instructor provides as it relates to this outdoor class and the activities participated in
- Define in writing, their own interpretation of one of the suggested key topics discussed in this class as it relates to the outdoor experience and the activities participated.

### **Potential Reading and Resources:**

- Leaving, Leave No Trace Behind (Article)
- 12 Indispensable Mindful Living Tools (Article)
- Back to Nature: Taking Yoga Outdoors (Article)
- Finding Zen: Easy ways to Cultivate More Inner Peace (Article)
- How to Meditate in Five Minutes or Less (Article)
- Healthy Eating: Easy tips for planning a healthy diet and sticking to it (Article)
- Five Sanskrit Words Every Yogi Should Know (Article)
- It is Always Now (Video) <http://www.wimp.com/alwaysnow/>
- Leave No Trace (Video) <https://www.youtube.com/watch?v=jXO1uY0MvmQ>

### **Schedule and Outline:**

- **Tuesday, March 23, 2021**
  - Course orientation and schedule
  - Intro. to yoga and mindful living
  - Equipment & packing list review
  - Discuss readings – watch videos
  - Plan for field experiences
  - Course assignments
- **Friday, April 16, 10:00am**
  - Drive to Escalante
  - Set up camp
  - Sunset Hike/Yoga & Meditation in petrified forest
  - Dinner & campfire presentations
- **Saturday, April 17**
  - Breakfast
  - Drive to Lower Calf Creek Falls
  - Morning Hike/Yoga
  - Lunch
  - Return to camp
  - Paddle board presentation & skills
  - Paddle board risk mgt. discussion
  - Paddle board yoga session
  - Sunset meditation
  - Dinner & campfire presentations, vote on Sunday morning activities

- **Sunday, April 18**
  - Breakfast
  - Last yoga session & final meditation TBD
  - Debrief the experience
  - head home

**Requirements for Credit:** If taking the course for credit, grading will be on a Pass/Fail basis. To earn a Pass, students must attend all the class and field sessions and participate in discussions etc. 50% credit is earned through participation in all class and field sessions, and 50% credit is earned through successful completion of all the assigned projects (described below).

**Assignments:**

- 1) **Read the Leave No Trace (LNT) Article “Leaving Leave No Trace Behind”**  
<https://outdoorblueprint.com/read/leaving-leave-no-trace-behind/>  
**Write 5 detailed discussion questions with your responses relevant to this article. Be prepared to share these with the class during the field experience.**
- 2) **Watch the Video “It Is Always Now”**  
<https://www.youtube.com/watch?v=6BDwXljhPqg>  
**summarize your thoughts about where you see yourself relative to your ability to live in the moment. How does this video relate to your own life and current personal experiences? How does this apply to your educational experience here at the “U”?**
- 3) **Submit your Menu Plan for the three days out. Define your choices in terms of healthy lifestyle.**
- 4) **Choose a topic from list provided to give a brief 5 minute presentation in the field. This can be the basis for your 3 page paper.**
- 5) **Either use your presentation topic or you can choose another topic applicable to field experience (instructor approval required) to write a 3 page paper. Use at least two citations that support or enhance your topic. Papers are to be emailed to instructor [wasatchbackbettys@gmail.com](mailto:wasatchbackbettys@gmail.com) due April 20<sup>th</sup> by 5pm.**

Each paper must include the following:

1. A title page with the course name and number, semester, student's name, ID number, and telephone number.
2. At least three full pages of text, word-processed, double-spaced, and edited.
3. At least two citations for this incident paper (at least 1 objective).

4. Two paragraph summary about how you will incorporate what you've learned about your topic into your daily lives back on campus.
5. **Unacceptable** papers: Students sometimes submit **Unacceptable** papers, and a rejected paper means a “**No Credit**” grade. The most common reasons for rejected papers are as follows:
  1. Less than three full pages of text.
  2. No references.
  3. Factual errors.
  4. Paper written on a non-relevant topic.
  5. Excessive spelling and/or grammatical errors (lack of proofreading).

**The Code of Student Rights and Responsibilities:** The code is provided in detail on the University of Utah web page (<http://deanofstudents.utah.edu/conduct/index.php>). The code specifies student rights as well as conduct involving cheating, plagiarism, collusion, fraud, theft, etc.

**Policies:** Firearms, fireworks, alcohol, controlled substances, pets, and non-enrolled people are not allowed, nor are unsafe or environmentally damaging behaviors. Students must attend both class meetings, and begin and end the field sessions with the class. Violation of any of these policies **requires** the instructors to dismiss a student from the course **without credit or refund**. Students are discouraged from using electronic entertainment devices; these may not be used while in the field or during class activities. If used at other times, such items must not impair the experience of other students.

**Hazardous Activities:** Students have responsibility for their own welfare and safety on this course. Each student must sign the **University of Utah Participant Agreement, Release, and Acknowledgement of Risk**.

**Withdrawal Policy:** Students may drop without penalty within two days following the first class meeting. Drops are not possible after that date.

**Students with Disabilities:** Reasonable accommodations will be made for students with physical, cognitive, learning, or psychiatric disabilities. The unique demands of paddle boarding and or hiking may require enrolling in alternate courses. Please notify your instructor of pertinent disabilities at the *first class session*. Disabilities must also be listed on the **Participant Agreement, Release, and Acknowledgment of Risk** form. Courses in the NRL Program maintain a non-discriminatory environment that is supportive of the Americans with Disabilities Act.

**Sexual Misconduct:** Title IX (9) legislation makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age status as a person with a disability, veteran's status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX (9) Coordinator in the Office of

Equal Opportunity and Affirmative Action, 135 Park Building, (801) 581.8365, or the Office of the Dean of Students, 270 Union Building, (801) 581.7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, (801) 581.7776. To report to the police, contact the Department of Public Safety, (801) 585.2677 (COPS). [http://www.employment.utah.edu/staff/oeo\\_aa.php](http://www.employment.utah.edu/staff/oeo_aa.php)

**Statement of Equal Access:** The University of Utah and the Department of Parks, Recreation, and Tourism seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in the class, reasonable prior notice needs to be given to the Center for Disability Services, 162 Olpin Union Building, 581-5020 (V/TDD). CDS will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in alternative format with prior notification to the Center for Disability Services.

**Essential Paperwork:** Each student must sign a *University of Utah Participant Agreement, Release, and Acknowledgement of Risk* form. Read it carefully before signing, as it lists many of the risks present on this course. **Health/medical insurance** is required for the field days and is available through student services at a daily rate. **Forms must be handed in before the field session begins!**

**Face Coverings:** Based on CDC guidelines, the University requires everyone to wear face coverings in shared public spaces on campus, including our classroom. As a reminder, when I wear a face covering, I am protecting you. When you wear a face covering, you are protecting me and all of your classmates. If you forget your face covering, I will ask you to leave class to retrieve it. If you repeatedly fail to wear a face covering in class, I will refer you to the Dean of Students for a possible violation of the Student Code and a “no-credit” (NC) on your transcripts. Note that some students may qualify for accommodations through the Americans with Disabilities Act (ADA). If you think you meet these criteria and desire an exception to the face covering policy, contact the Center for Disability and Access (CDA). Accommodations need to be obtained prior to the first day of class so that I am notified by CDA of any students who are not required to wear a face covering. Face coverings are expected to cover the nose and mouth, except in approved circumstances, in all common areas, in campus buildings such as hallways, restrooms, lounge areas, classrooms, conference rooms, etc. Face coverings must cover both the nose and the mouth. Plastic face shields do not meet this requirement. Face coverings (coverings with two or more layers of washable, breathable fabric) are required in all common areas in campus building such as hallways, restrooms, lounge areas, classrooms, conference rooms, etc.

Please plan to have a clean face covering to wear each day in the field as needed. We will be in the field for \_\_\_ days, so that means you should have \_\_\_ face coverings. It is always a good idea to have extra face coverings in the event one is damaged, lost, or inadvertently compromised. For more information on face coverings please visit <https://coronavirus.utah.edu/wp-content/uploads/sites/2/2020/09/universityofutah-facecovering-guidance-revised-current.pdf>

**Attendance:** Given the nature of this course, 100% attendance is required and adjustments cannot be granted to allow non-attendance if you are planning to participate in the field portion of this course. However, if you can not, or choose not to attend the first-class meeting and/or field experience please inform your instructor that you would like to continue the class by completing the online assignments, or that you will be dropping the class. Remember, to receive a refund for this class you will need to drop this class within 48 hours of the first-class meeting (see class schedule for course details). Failure to do so will result in a “no-credit” grade being recorded on your transcripts and loss of any fees paid. If you choose to do online work instead of the field experience you will need to notify your instructor within 48 hours of the first-class meeting to receive a refund of the special fees. If you miss the 48 hour deadline no refund of special fees will be given. If the University requires the class to be delivered entirely online, special fees will be refunded minus the funds spent in preparation of your class. If you require special accommodations or request an exception to this attendance/participation policy due to a disability, please contact the Center for Disability and Access (CDA). CDA will work with us to determine what, if any, ADA accommodations are reasonable and appropriate.

**Course online materials and assignments:** Please familiarize yourself with Canvas and any other electronic teaching tools used for this class. The syllabus, other assignments, and course information can be found on the Canvas page for this class. If you are not familiar with the Canvas platform for learning I encourage you to review the Canvas Getting Started Guide for Students which can be very helpful.

<https://community.canvaslms.com/community/answers/guides/canvas-guide/getting-started/pages/student>

**Social Distancing:** During this class you will be required to wear a face mask per University guidelines and anytime you are unable to maintain a 6’ distance between yourself and others, and anytime you are entering the public space of others where a 6’ distance can not be maintained.

All camping will be done in single person tents (1 person per tent) unless you qualify for a single household exemption. Single household refers to individuals sharing living arrangements in which they share both the same risks and exposure to the virus as the members of their “single household”. Typically, this applies to those sharing the same household/room as a primary living arrangement but does not include dorm floors.

Cooking supplies, food, utensils etc. will not be shared unless the single household designation threshold is met. Please plan to cook/prepare/consume/clean up your own meals individually.

**Travel:** Travel to and from your field class will be allowable as a (single person/shared household) per vehicle or via public transportation. If you are not able to arrange for transportation by observing this restriction you will need to (a) complete the course online, (b) drop the class within 48 hours of the first-class meeting for a full refund (c) stay enrolled, don’t participate, and receive no refund and a “no-credit” (NC) on your transcripts.

**Assumption of risk and attestation forms:** Every student will be required to complete and sign both an Assumption of Risk form and attestation form. These forms will be required regardless of your participation in the field portion of this class. All students wishing to receive credit for this class need to complete both forms. Failure to complete these forms may result in a “no-credit” (NC) being recorded on your transcripts.

**Exposure to the COVID-19 virus:**

<https://coronavirus.utah.edu/#general-precaution-information>

You may participate in your U-EXPLORE class if:

- You have had no fever for at least 24 hours (that is one full days of no fever without the use of medicine that reduces fevers)
- & you do not have any other flu-like symptoms (for example, cough or shortness of breath)
- & at least 10 days have passed since your symptoms first appeared
- & you have not had contact with anyone who is COVID positive (including the 5 days before they were positive) for 14 days.
- & after reading and signing both the assumption of risk form and attestation form you accept all the risks both known and unknown associated with this class

**Potential Syllabus Changes:** Although efforts have been made to ensure syllabus accuracy, errors may be present. In addition, certain events may require changes to the syllabus. Students will be notified of such changes via email.

**Equipment List:** All equipment is required for the field sessions. Contact the instructor with any questions.

### Clothing

- Socks/Base layers—no cotton; consider two pairs of socks if you blister easily
- Insulating layers—no cotton; polypropylene or wool works great
- Wind top/Rash guard
- Rain Jacket & pants or Poncho
- Puffy vest/jacket—required for times when we might be standing around
- Board clothing (TBA)
- Shorts / swimsuit
- Towel

### Head and Hands & Feet

- Warm cap/beanie
- Thin liner gloves (optional)
- Visor or brimmed hat/Sunglasses—sun protection
- Sunglass strap for on-water activities
- Water shoe (optional)
- Walking shoes

### Other

- Sunscreen/Lip balm—more sun protection
- Trail food—lots of easily consumable snacks such as trail mix and bars
- First aid kit—optional, as the instructor will also carry one
- Toiletries (toothpaste, meds, brush, deodorant, etc.)
- Insect repellent
- Bandana
- Yoga mat
- Small backpack/bag to carry yoga mat on hikes

### Camping & Paddleboard Gear

- Inflatable paddle board, paddle, pfd, leash, pump, and bag (instructor provides)
- 10ft. of rope, carabiner, zip tie (Instructor will provide zip ties)
- Tent
- Sleeping bag
- Sleeping pad
- Camp Chair (optional)
- Cook Set + utensils
- Backpacking stove
- Food (menu to be planned in class)
- Water bottle (to be provided)
- WATER
- Headlamp or flashlight



## Sample Menu

Breakfast: oatmeal

Mid morning snack: greek yogurt

Lunch: bagel sandwich, celery & carrot sticks, plantain chips

Afternoon snack: nuts & dried fruit

Dinner: Walking taco

Other options:

### **Breakfast**

Bagels or bread w/jam, honey, or peanut butter

Breakfast bars

Eggs and toast

Pancakes

### **Lunch**

Tortillas, pita bread

Jerky or other dried meat

Nuts

Dried fruit or veggie chips

Pretzels

Hummus

Pb&J

## Walking Tacos

Ingredients:

Ground meat  
Cumin and chili powder  
Cheddar cheese  
Lettuce  
Tomatoes  
Bag of corn chips for each person

Side Sliced watermelon/cantaloupe

Mint

Discuss proportions to accommodate the group, cooking utensils/pans needed to prepare meal

Brown the ground meat and spices. Once cooked open bag of corn chips, spoon in single portion of meat, cheese, lettuce, and tomatoes. Voila, super easy walking taco!

## Dutch Oven Lasagna

Ingredients:

1 small onion  
2 boxes Oven Ready Lasagna Noodles  
Spaghetti Sauce (enough for two Dutch oven lasagnas)  
Mozzarella cheese  
2 containers Ricotta cheese  
Parmesan cheese not the fake powder shiz  
1 egg  
Spinach and veggies  
Italian seasoning

Discuss proportions to accommodate group as well as cooking utensils needed to prepare meal.

Cook onion until translucent. Add veggies and Italian seasoning. Cook till al dente and set aside. Mix ricotta, mozzarella, egg, and chopped spinach to create the cheese mixture. Set aside.

Layer Dutch oven: sauce, noodles, cheese, veggies, repeat until ingredients are used. Top with mozzarella and Parmesan cheese.

Cook for about 20 minutes.