



# BRAIDED WISDOM®

## ORIGINAL MEDICINE Earth-Based Intensive Immersion Retreat

Spirit Camp Retreat Center, Mendocino, California

July 22 - 28, 2025 (6 nights)

## Welcome!

from Carol Cano and Janet Roos

We are delighted and very excited to gather with you for our Original Medicine Earth-Based Intensive Immersion Retreat at Spirit Camp Retreat Center on the land of the Central Pomo speaking people in what is colonially known as Little River, CA .

We intend to co-create ease and safety for all. We appreciate your openness and flexibility as we all grow, adjust, and thrive as a community during our gathering.

We invite you to contemplate on your intentions as we prepare to connect with ourselves, nature and spirit. Let us celebrate and create ever-widening circles of love, respect, compassion, and joy. We look forward to being on the land with you and deepening our friendship.

Please Save the Date as well for a special integration session following the retreat on Saturday, August 30th from 10:00 AM - 12:00 PM PT for all who complete the retreat. For any questions, please contact our event coordinator, Aubrey Gates at [aubreyg@braidedwisdom.org](mailto:aubreyg@braidedwisdom.org).



### WHAT'S INSIDE THIS INFORMATION PACKET

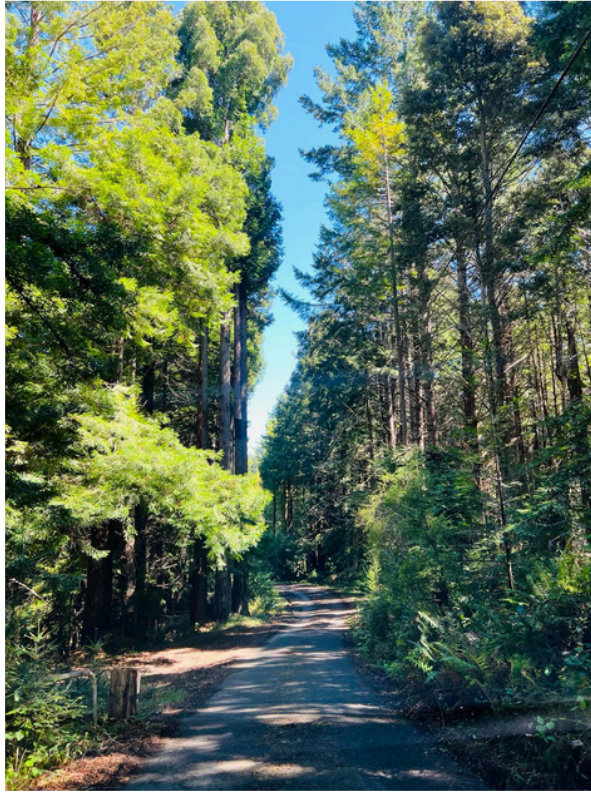
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# General Information



- Check-in is between 3:00 to 5:00 pm on Tuesday, July 22, 2025. Please arrive with plenty of time to settle-in to your space, before dinner at 5:30 pm.
- Check out will be at 11:00 am on Monday, July 28, 2025.
- Spirit Camp is nestled in a majestic redwood forest, only a mile inland from the Pacific Ocean, with serene beauty that provides a unique opportunity to immerse yourself in nature's embrace.
- The retreat center is a 2-3 hour drive North of the San Francisco Bay Area, and 12 minutes to the town of Mendocino with organic grocery stores, shops, and restaurants.
- Carpooling is highly encouraged. There are 20 parking spots available. We will send out a carpool sign-up sheet once you register so you can connect with other participants in giving or receiving a ride.
- The integrity of the retreat energy is critical, so we request all participants remain present for the entire retreat. No one will be leaving the site once the retreat has started until the completion on Monday, unless there is an emergency or someone becomes sick. It is important that we stay together to keep the safety of the container.
- Accommodation options are solo or shared cabins with 2-7 others, or camping in the Sunset Meadow, a flat, grassy space surrounded by redwoods. There is limited space available for the cabins, so please let us know your preference in the [Participant Information Form](#) as part of your registration. We will do our best to accommodate everyone's needs and requests.

# General Information



- All participants will be expected to contribute to ensure a smooth flow during our gathering. Please be prepared to sign-up for daily work meditation duties when you arrive to Spirit Camp. Sign-ups are on a first come, first served basis. We will need kitchen help (prep & clean-up), temple care, and land care during the gathering and before we leave Spirit Camp.
- A hand pulled wagon is available to transport luggage to the cabins or Sunset Meadow.
- Phone service is limited. To really drop into the retreat, you are invited to fully unplug and just be present with the land, the practices, and each other. \*Wifi available for emergency check-ins.
- We will be eating healthy organic vegetarian food. Our meals are included in the registration fee and will be prepared by our chef and kitchen manager, Sinclair Shigg. If you have any severe dietary restrictions, please note them in the [Participant Information Form](#) as part of your registration. We will do our best to meet everyone's needs. You are welcome to bring any additional dry food snacks to keep in your vehicle. Access to the kitchen will be strictly limited to Chef Sinclair and volunteers during meal preparation and clean-up times. We ask to not keep food in your tent due to attracting animals.
- We ask that everyone stays until Spirit Camp is in better condition than when we arrived, as if we were never there.

## General Information

- There are hiking trails around the property through the redwood forest. The trails are rugged with mug, rooks, and divots. Good mobility and hiking boots are required.
- We are co-creating an intentional community and we ask that everyone do their share to keep the energy respectful, caring, and focused on the gathering.
- We would like the retreat to be fragrance-free. We ask that you not wear heavy colognes or perfumes during your stay due to allergy sensitivities. Please see the FAQ section for more information.



# Spirit Camp Retreat Center

[www.spirit.camp](http://www.spirit.camp)

Spirit Camp is a magical retreat center located on 27-acres of unceded Central Pomo land, near the Mendocino coast in Northern California. Spirit Camp is a spirit-centered, earth-based, queer-celebrated, and substance-free space for playful exploration and practice of self-healing, authentic connection, and emergent collaboration.

At Spirit Camp, you get to be your true self. Come as you are, try something new, let go, and play like a kid again. The land is spacious. The Lodge is homey. The Sanctuary is sublime. The cabins are cozy. The redwoods invite depth. The gardens inspire presence. The meadows spark play. Come activate your magic!

## **Spirit Camp Customs:**

To create a healing, sacred space where authentic and playful connection can emerge amongst guests, we ask all visitors to honor and observe the following during their time at Spirit Camp:

- Spirit Camp is a substance-free space. No alcohol, cannabis, narcotics, or entheogenic substances are permitted on property.
- Our camp kitchen is a vegetarian facility. The cooking of any animal products in our kitchen is not permitted, which includes meat and fish. Dairy and eggs are okay.
- The property is a non-smoking space. Smoking is not permitted in or around any of our buildings or trees. For tobacco use, please use the designated tobacco smoking area located in the parking lot.
- Spirit Camp is a fragrance-free facility. We ask that you not wear heavy colognes or perfumes during your stay due to allergy sensitivities. Spirit Camp may use its own all natural, high quality incense or essential oil sprays.
- As much as we love animals, we ask that pets stay home to protect the land, wildlife, and guests with allergies. Trained ADA service animals and our resident camp pets are welcome.
- Let's keep our lodge, kitchen, and communal areas cozy and clean. When exploring, enjoy the magic of the land—but leave treasures like feathers, pinecones, flowers, and stones for the next wanderer to find. Treat this space like your favorite home away from home.

# Contemplative & Earth-Based Practices

## OUR APPROACH

The contemplative teachings weave together Indigenous wisdom, mindfulness, and earth-based practices. Braided Wisdom intentionally structures mindfulness meditation and contemplative practice into every program. As a cross-cultural mindfulness organization, it's part of our foundation to create a culture of practice where meditation and contemplative tools are integrated into how we hold space and engage our community members. We share alternative practices and meditation postures to ensure accessibility for those with limited ability or mobility. All levels of meditation experience is welcome.

We help people to explore a variety of practices, encouraging them to meet themselves where they are physically, mentally, emotionally, and spiritually.

### Collective Practices:

- Silent Mornings (including breakfast)
- Contemplative & Relational Practices
- Community Council
- Guided Mindful Movement
- Time for Rest & Self-Care
- Solo Wilderness Time
- Wisdom Talks
- Ceremony & Rituals



## Mindful Movement with Kimber

Come back into your body through simple, enjoyable movement designed to help you reconnect to the elements and remember your physical potential. We'll blend mindful stretches, fluid movements, and breathwork. accessible for all levels.

Ground yourself, relieve tension, and connect with nature in Kimber's gentle, yoga-inspired classes.



**Kimber Simpkins-Nuccio**  
Mindful Movement Teacher

## Nourishment

We will be eating healthy, organic vegetarian food. Our meals are included in the registration fee and will be prepared by our Chef and kitchen manager, Sinclair Shigg. If you have any severe dietary restrictions, please share them on the Information Form. We will do our best to meet everyone's needs. You are welcome to bring any additional dry food snacks to keep in your room or your vehicle. Access to the kitchen will be strictly limited to Chef Sinclair and volunteers during meal preparation and clean-up times.





## Directions

Spirit Camp Retreat Center  
4640 Albion Little River Rd.  
Little River, CA 95456

### From the Bay Area:

- Take Highway 101 north to exit 522 Highway CA-128 west toward Fort Bragg/Mendocino, near Cloverdale in Sonoma County
- Turn left onto CA-128 W
- At the first right, turn right to stay on CA-128 W
- Follow CA-128 W for 55.4 miles, continue onto Highway CA-1 for 3.7 miles
- Turn right onto Albion Little River Rd in Mendocino County
- Drive about 0.9 miles until you see the number sign 4640 on the left
- Turn onto the driveway, and drive straight until you get to the parking lot.

Travel time can be around 3 hours from San Francisco & Oakland Airport, 3 hours 15 minutes from San Francisco International Airport, and 3 hours 45 minutes from San Jose. Please give yourself extra time for traffic, and mountain roads.



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## What To Bring

- Flashlight or headlamp (preferably better than your cellphone light) & extra batteries
- Watch or time-piece (other than your phone)
- Towel, washcloth
- Toiletries
- Prescribed medication
- Water bottle/Thermos
- Sunblock, natural insect repellent & miscellaneous items for comfort
- Comfortable clothing
- Layers for cold nights and mornings
- Cozy sweater/hoodie (even in summer)
- Warm coat/jacket
- Cozy socks
- Rain gear (if rain is in the forecast)
- Sunhat/cap
- Beanie/warm hat
- Hiking boots/sneakers (ideally that are easy to slip off when going into buildings)
- Sandals
- If you are camping: Basic gear (tent, rain fly, tarp, sleeping bag, mat, & pillow)
- Journal & pen(s)

### YOU MAY ALSO WANT TO BRING:

- Slippers and a throw
- Robe (for shared bathrooms)
- Cloth napkin
- Earplugs (you may have a roommate)
- Lawn chair

**Please do not bring  
valuable items.**

### PLEASE DO NOT BRING:

- Pets
- Highly scented toiletries and perfumes
- Candles, incense, or anything else involving open flames
- Computers
- Drones
- Valuables



# Frequently Asked Questions

## 1.) What is the weather like?

- Typically sunny with occasional fog. Please note, high coastal humidity can make it feel cooler than the temperature reads.
- Daytime: 60-72 degrees F (15-22 degrees C)
- Night: 48-55 degrees F (8-13 degrees C)

## 2.) What if we would like animal protein?

We will be eating healthy, organic, lacto-ovo vegetarian food. We hope that eggs, plant-based protein, and dairy protein substitutes will meet your needs during the retreat.

## 3.) Who are Resident Pets & Wildlife?

Disco, Spirit Camp's big and friendly Bernedoodle pup, is a goofy muppet camp mascot. Please don't feed or tease him—he's working hard on his manners! Their sweet cat, Cadabra, roams outside keeping camp critter-free.

### Wildlife Awareness

Spirit Camp is surrounded by unfenced wilderness, home to incredible animals—including black bears and mountain lions. Store all food in the Kitchen (not in cars, cabins, or tents) to keep both guests and wildlife safe.

## 4.) What are the COVID-19 Protocols?

- We ask that anyone experiencing the following symptoms to please stay home and rest:
  - Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea
- All participants, teachers, and staff must arrive with proof (picture or actual test) of a same-day negative antigen test that they have taken prior to arrival.
- If possible, please practice a self-retreat the week before the gathering by reducing your exposure to groups of people.
- If a participant, teacher, or staff experiences symptoms, we will ask them to take an antigen self-test onsite, and if they test positive for COVID-19, there are protocols to consider, which may include returning home.

## 5.) Is there cell phone service available?

Verizon & AT&T work at Spirit Camp, other providers do not. We request that you practice renunciation with your mobile gadgets. Turning them off and keeping them locked in your car.

# Frequently Asked Questions

## **6.) Is there a number where I can be reached in case of emergency during the gathering?**

Yes. If you need to be reached in an emergency during the gathering, Braided Wisdom's staff is available. They can call Danny Duong at 714-768-7878 and Aubrey Gates at 707-672-6050. Please tell your loved ones to leave a message and know that it may take some time to get a message to you (the participant). Please let people know these numbers should only be used in case of emergencies.

## **7.) What does “fragrance-free” mean?\***

Since many people have allergies, asthma or other chemical sensitivities to common chemicals and fragrances, we ask that all participants please refrain from wearing scented products. Many have difficulty breathing, suffer from headaches and migraines, or experience flu-like symptoms. In order to make our gathering accessible to all, we ask people to:

- Avoid cologne, aftershave, and perfume
- Avoid hairspray, hair gel, and other strong-smelling hair products
- Wear clothes laundered in fragrance-free laundry detergent
- Avoid laundry softeners
- Use fragrance-free soap, lotion, shampoo and conditioner
- Avoid use of essential oils
- Test each product - many products are mistakenly marked “unscented” or “fragrance free” but contain masking scents that can be very harmful

## **8.) How will I get my things to where I am staying?**

There is a wagon available for transporting your things to and from your lodging.

\*Adapted from from Spirit Rock Meditation Center FAQs

## About The Teachers



### **Carol Cano, M.A.**

#### **Lead Teacher**

Carol Cano, M.A., (she/her) began her practice over 35 years ago at Wat Kow Tahm in Thailand and has actively engaged in building communities and teaching Dharma internationally. She is a teacher at Spirit Rock Meditation Center. She is a core teacher and a former board member of East Bay Meditation Center. Carol co-founded Philippine Insight Meditation Community in the Philippines.

Her unique teachings are deeply grounded in Basque, Native American and Buddhist influences that braid the Dharma along with Indigenous wisdom and earth-based practices. Her psychology background gives her a unique view into the human condition, which helps her hold community in a compassionate and confident manner. Carol reminds us to keep grounded in our hearts as we uphold spiritual ideals and encourages us to remain balanced within the demands of modern life. To find out more about Carol, please visit [www.carolcano.com](http://www.carolcano.com).



### **Janet Roos**

#### **Co-Teacher**

Janet E. Roos, PMP, CMT-P, (she/her) has been recognized as an innovator in Business Technology for over 30 years. She has worked coast-to-coast as a highly respected “In-House” and “Consultant” leader for world renown companies. Janet completed the UCLA Mindfulness Certified Training Program and is a certified member of the International Mindfulness Teacher’s Association. She is a co-teacher for Braided Wisdom’s Original Medicine Yearlong Program. Janet is a four time “Hall Of Famer” recognized elite athlete who understands the inherent value of employing Mindfulness Practices for competition, sports preparedness, and training. She has sustained a personal meditation practice for over a decade and has attended numerous training and silent retreats. Janet has volunteered with Non-Profit Organizations and currently serves on two non-profit boards.

## About The Teachers



**Carmen Alvarez**  
**Teaching Assistant**

Carmen (she/her/ella) is from the Purepecha lands in Michoacan Mexico. Carmen has a master's degree in Leadership which she has braided beautifully with her Toltec, Purepecha, and her Mindfulness Training Practices providing holistic approaches to healing and personal development. She received her Certification as a Mindfulness Teacher from the Braided Wisdom Leadership Training Program in 2022. She also has completed two Indigenous Master programs, Nahualismo and Curanderismo. Carmen is a practitioner of Mexican Indigenous practices and she is also part of a Lakota centered community. Coaching and training are her passions as she thrives when working with others. Her belief is that we must heal ourselves and by doing so we heal our family, our ancestors, and our communities. Carmen practices and guides mindfulness meditations, leadership coaching, ancestral healing, trauma-based healing, limpiezas, manifestations, planting dreams, among many other healing techniques. Her intention is for everyone to find their passion and live their best life.



**Jonathan Relucio**  
**Teaching Assistant**

For a decade, Jonathan Relucio (he/him/siya) was a Senior Trainer for Niroga Institute, teacher trauma-informed yoga, meditation, and mindfulness in urban schools, mental health clinics and juvenile detention centers. Currently, he teaches at Spirit Rock Meditation Center and East Bay Meditation Center. Jonathan also facilitates transformation in social justice movements as a Trainer for Rockwood Leadership Institute; integrates mindfulness with restorative circles for healing and racial equity as co-founder of AllThriveEd.org; and serves on the Healing Advisory council for Filipino Advocates for Justice.

With over 20 years of experience in social services, community organizing, training, and leadership development, Jonathan values yoga, dharma, meditation, Indigenous medicine, martial arts, dance, and DJing as practices for liberation that heal us from the impact of oppressive systems.

## About The Teachers



### **Mario Castillo** **Teaching Assistant**

Mario Castillo (he/him) resides on the ancestral and unceded land of the Bay Miwok-speaking Saclan people (Orinda, CA). He identifies as a queer, cis man of color on a spiritual path and has been a dedicated Buddhist practitioner in the Theravāda and Vipassanā traditions for nearly 15 years. Mario began attending the East Bay Meditation Center's Alphabet and People of Color Sanghas in 2009. He later co-founded two peer-led Deep Refuge Groups in 2010: Alphabet Brothers of All Colors and Alphabet Brothers of Color. Mario is a graduate of EBMC's Commit to Dharma Program with Larry Yang (2012) and EBMC's inaugural Spiritual Teacher and Leadership Training with Noliwe Alexander, Carol Cano, JD Doyle, and Amana Brembry Johnson (2023). Mario practiced as a Buddhist monk in Thailand with Venerable Acharn Tippakorn Sukhito before returning to the Bay Area to complete his graduate training. Mario received his Ph.D. in sociology from UC Berkeley in 2023. His research focuses on organizational diversity, equity, inclusion, and belonging.



### **Sarwang Parikh** **Teaching Assistant**

Sarwang Parikh LMFT (he/they) is a psychotherapist and meditation teacher based on unceded Ohlone land in Richmond, CA. He was born into a devotional Indian lineage from an immigrant, working-class family. They have been practicing and studying the Dharma path for over 20 years, primarily through the doors of Vedic yoga and the Theravada Buddhist lineage. He has completed various teaching and study programs in yoga and Buddhist meditation including East Bay Meditation Center's 2-year Spiritual Teacher Leader program. Sarwang teaches at East Bay Meditation Center, Inward Bound Mindfulness Education and in other community organizations. They also serve on the board of Buddhist Peace Fellowship. Sarwang loves playing his handpan, being immersed in sci-fi or getting free on a dance floor. You can find out more about Sarwang at [www.heartroottherapy.com](http://www.heartroottherapy.com).



## About The Teachers



### **Kimber Simpkins-Nuccio**

#### **Teaching Assistant & Mindful Movement Teacher**

Kimber Simpkins-Nuccio (she/they) is a white, cis, queer mom and writer who taught yoga and mindfulness in the San Francisco Bay Area for more than twenty years, bringing a body love and social justice perspective to her teaching and learning. She has completed the Dedicated Practitioner's Program at Spirit Rock, teacher training at the Mindfulness Training Institute, racial justice facilitation training with Holistic Resistance, the Spiritual Teacher and Leadership Program at the East Bay Meditation Center (EBMC), Mindfulness Mentor Training with Banyan, the Dharmapala Training with SMS, Original Medicine with Braided Wisdom, and is a visiting teacher at Spirit Rock, EBMC, New York Insight, and Insight Santa Cruz. She is currently a member of the Community Dharma Leaders cohort at Spirit Rock and serves as Teaching Assistant to Braided Wisdom's 2025 Original Medicine training. As a practitioner, Kimber values the intersection of social justice, self-knowledge, and decreased reactivity within Buddhist practice and appreciates how these skills help us increase our ability to connect deeply. Undermining white supremacy internally and externally is a core component of her work. She deeply appreciates how the practice of mindfulness has brought more compassion and joy to her relationships and life.