

## Natural Trail Running Workshop

Rolling Ridge Study Retreat near Harpers Ferry, WV

March 21, 2020      10:00am – 12:00pm



Come explore the trails and learn some fundamentals of mobility and natural running form. Learn how to connect with the landscape on your runs and integrate your health and wellness with the local ecosystem.

***This is a free event, though 100% of any donations will be gifted to the Rolling Ridge Conservancy.***

What to bring:

Water Bottle

Snacks

Whatever you need to run in

Instructor- Luke Bauer is a lifelong runner, basket maker, forager, woods wanderer, educator and permaculturist. He has been working at connecting himself and others to the local landscape for a decade. He leads workshops on basket-making, plant identification, primitive skills and wilderness awareness.