



YELLOWSTONE FOREVER

SILENCE: THE DAILY PRACTICE

Itinerary & Details

FIELD SEMINAR – WINTER 2021/22

INSTRUCTOR: Chris La Tray

INSTRUCTOR BIOGRAPHY: Chris La Tray is a Métis writer and storyteller, a walker, observer, poet, teacher, and pillar of the Montana literary community. His first book, *One-Sentence Journal: Short Poems and Essays from the World At Large* (2018, Riverfeet Press) won the 2018 Montana Book Award and a 2019 High Plains Book Award. A second book, *Descended from a Travel-worn Satchel*, was released by FootHills Publishing on September 21st, 2021. His next book, *Becoming Little Shell*, will be published by Milkweed Editions in Spring 2022. Chris is an enrolled member of the Little Shell Tribe of Chippewa Indians.

ACTIVITY LEVEL: This course is an activity **level 1** and students enrolled in this course are expected to be active participants. Be prepared to hike up to 1 mile per day through relatively flat terrain on maintained or snow-packed trails.*

**All field activities will be conducted as a group. If you cannot meet the activity level expectations during your program, you may be restricted from participation in daily outings. We will not alter program itineraries or activities to accommodate participants who cannot meet the expectations of the stated activity level.*

LOCATION: Lamar Buffalo Ranch – Yellowstone National Park, WY

PROGRAM DATES & TIMES: The program begins at 7:00 p.m. on Friday, February 4, 2022, and ends on Sunday, February 6, 2022 at 5:00 p.m.

LODGING CHECK-IN & CHECK-OUT: Lodging check-in begins at 4:00 p.m. on Friday, February 4, 2022, and lodging check-out is at 9:00 a.m. on Monday, February 7, 2022.

MEALS: You will need to bring your own food; lunch should be able to travel in the field with you.

For general information about the facilities, preparing for classes, what to expect, cancellation policies, and more, please see the [Lamar Buffalo Ranch - Winter General Information](#) document.

FROM THE INSTRUCTOR

Silence and observation are key to the creative process, whether that process is found in some discipline of art or in simply maintaining a well-lived life. This workshop will focus on writing, even if you don't consider yourself a "writer." It will feature unique exercises that include sitting in observation; walking as a key element in breaking free creative energy; and practicing live storytelling. You will be encouraged to recognize the importance of making time for reflection; to celebrate the absolute importance of being curious and kind; and to recognize the importance of your personal story.

- Chris La Tray

PROGRAM ITINERARY

The itinerary is designed to take advantage of the best opportunities in the park, but may be adjusted to adapt to weather conditions, wildlife activity, holidays, and road construction. *The details and timing of the agenda are subject to change.*

Day 1 Participants are welcome to check into the Lamar Buffalo Ranch starting at 4:00 p.m.

7:00 p.m. Meet & Greet
Introduction to Lamar Buffalo Ranch and course specifics.

Days 2-3 **Workshop and Discussion**

Each day will include group interactions, writing exercises and discussions, as well as periods of solitary time for reflection, journaling, etc. Each evening will include informal discussion and (hopefully) storytelling.

Day 4 Check out by 9:00 a.m.

PROGRAM EQUIPMENT

For a full list of recommended equipment for all courses see the [Lamar Buffalo Ranch - Winter General Information](#) document.

Items specific to this course are:

- Curiosity and Kindness
- A Notebook
- A Pen (or three)
- Stories to share (optional)
- Poems/Books/Essays to share (optional)

RECOMMENDED READING

There are books and reference materials at the ranch for you to enjoy during your stay. In addition to those materials, the following are books that are spiritual allies of the processes encouraged by this workshop. None are required. However, upon sign-up there will be PDFs emailed that you will be encouraged to read beforehand.

- *Braiding Sweetgrass* by Robin Wall Kimmerer
- *The Nature Fix* by Florence Williams
- *How to Do Nothing* by Jenny Odell
- *The Narrow Road to the Deep North and Other Travel Sketches* by Matsuo Bashō
- *Desert Oracle* by Ken Lane
- *Rocky Mountain Natural History* by Daniel Mathews
- *The Spell of the Sensuous* by David Abram
- *Devotions* by Mary Oliver
- *Uplake* by Ana Maria Spagna
- *One Long River of Song* by Brian Doyle
- *Smoke Hole* by Martin Shaw

*Note: All these books are readily available. If purchasing, I urge you to support local independent bookstores. My favorite is Fact & Fiction Books in Missoula, MT. www.factandfictionbooks.com -Chris

WHOM TO CONTACT

For any questions, concerns, or additional information please contact the following:

- Program itinerary, health forms, payment, and activity questions please contact Yellowstone Forever at institute@yellowstone.org or 406-848-2400
- Road updates, park conditions, and general park information please contact Yellowstone National Park Service at <https://www.nps.gov/yell/contacts.htm>
- If running late for a program, please contact 406-848-2400