

A Jedi in training must master:

CONTROL

SENSE

ALTER

CONTROL

"Control is internal. It is the Jedi's ability to recognize the Force within themselves and to use it to their benefit."
~Jedi Master Bodo Baas



Force Balance: Assume yoga warrior II pose both to the right and then left and hold for as long as you feel comfortable.



Force Strength: Push a part of your body as hard as you can against the biggest tree you can find as if you were trying to move the tree. Hold this pose as long as comfortable. Repeat 5-10 times.



Force Breath: Practice "square breathing technique" as you continue along the trail. (Breathe in slowly counting to 4, hold for 4 count, breathe out for 4 count, hold for 4 count). Repeat 3-5 times.



Force Speed: Pick a tree ahead on the trail and move to it as fast as you can! Next, pick another tree ahead and move to it slowly. Alternate between fast and slow 3-5 times.



SENSE

"Sense involves the next step, in which the Jedi recognizes the Force in the universe outside oneself."
~Jedi Master Bodo Baas



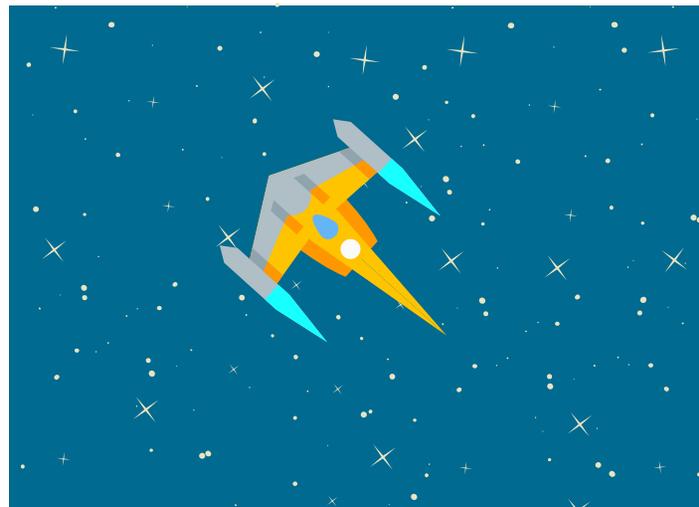
Force Feel: Find a log, stump or large rock next to the trail to sit on/next-to (remember not to stray far from the trail). Be silent and keep your eyes closed for 1 minute. Feel - What sensations do you feel on your skin? What does the earth feel like to touch?



Force Sense: As you move along the trail, what is the farthest thing you can sense? What is the nearest? What can you sense up above you and down on the ground?



Force Smell: Stop and sniff the flowers, trees, grass and leaves. What was your favorite smell? Was there a smell you didn't like?



ALTER

"Alter is the third and most difficult area to master, for it involves the student's ability to modify the Force and redistribute its energies."
~Jedi Master Bodo Baas



Mind-Force: You have the power to alter the thoughts of those around you. A true Jedi Master understands this power and is able to use it for the greater good of others.



Try thanking the people/person who made it possible for you to be here today and see what happens- Did you make them smile or say "you're welcome?" You just altered the way they feel!

Force Future: Use the Force to see the future!



Try to think of something you have to do everyday (brush your teeth, get dressed, do the dishes, walk the dog, do your homework...) and do it BEFORE you are asked! Did anyone notice? How did they react? What did they say to you?

Perform one random act of kindness and get the Force flowing through you to others. Remember you have the Force within you to make someone smile today, tomorrow, and everyday!



"Always pass on what you have learned."
~Yoda

JEDI TRAINING TRAILS

*Please check trail conditions/closures and stay off trails if they are closed.

Pinecone Adventure Forest Trail

Easy Level - 1/2 Mile Loop
Pine Hill Park- Lower Giorgetti

Bumper Cars Trail

Fairgrounds Trailhead
Moderate Level - 2 miles
131 Town Farm Rd, Poultney

South Poultney River and Rail Trail

Rail Section (Wheelchair Accessible)
Easy Level - 2 miles (out and back)

Bearded Hen Trail

Delaney Woods
(Easy - Just under 1 mile)
East Delaney Cross Rd, Wells

As you embark on your mission remember, be kind to nature, the Force is strong here, follow these principles to leave no trace.

Plan ahead and prepare
Travel and camp on durable surfaces
Dispose of waste properly
Leave what you find
Minimize campfire impacts
Respect wildlife
Be considerate of other visitors

Follow the trail and complete the required training activities along the way! When you have completed all the activities, go to www.comealiveoutside.com or use the QR Code to complete the survey.



*All participants will receive a Jedi necklace if they fill out the survey!

Keep your senses open, young Padawan! Each designated Jedi Training Trail will have a total of 3 hidden Grogu figurines (Baby Yoda) throughout the 2 weeks. One at a time will be hidden so if you don't find him this time, return again for another try! If you find Grogu, you may keep him! We also encourage you to take a photo of Grogu on the trail and post on Facebook or Instagram tagging @comealiveoutside

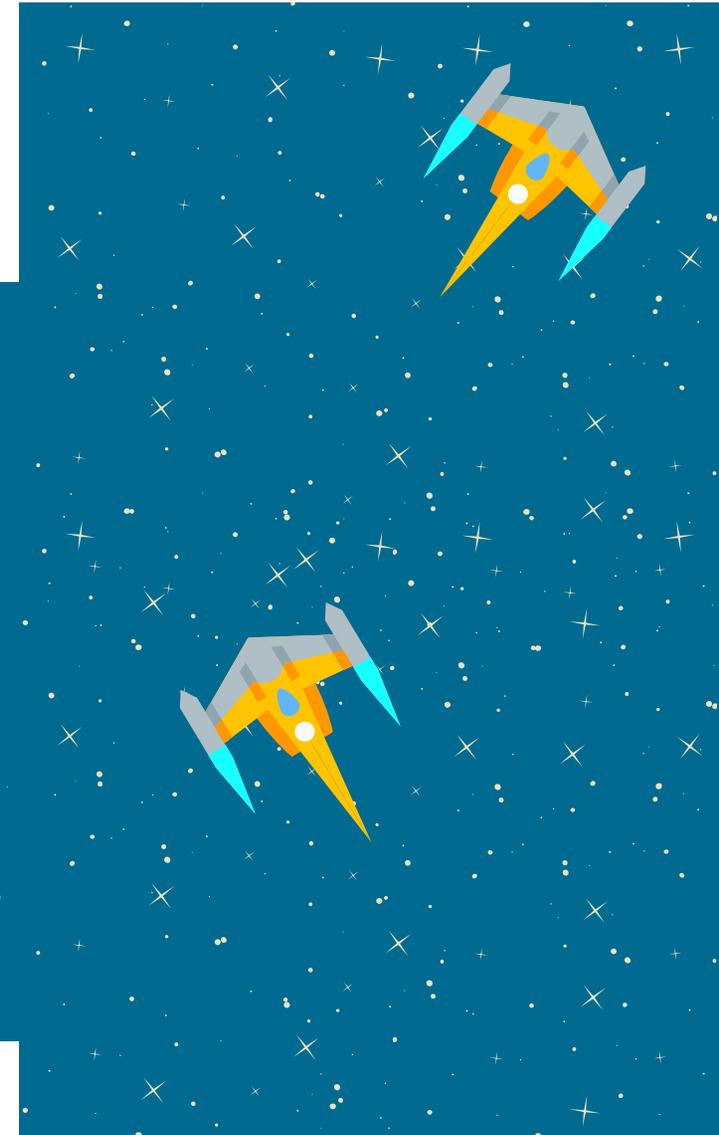


GRAND PRIZE: Email your photo of Grogu to Arwen@comealiveoutside.com and you will receive your very own Hydroflask and Come Alive Outside stickers!



MAY THE FOURTH BE WITH YOU

JEDI TRAINING TRAIL



Do you have what it takes to be a Jedi Master?