

FOR TEEN HOMESCHOOLING OPTIONS IN MARGARET RIVER AND FOR BALINGUP, PLEASE CHECK WEBSITE
8-week programmes – May - June – SHAKESPEARE's *Romeo and Juliet* & PHILOSOPHY (Plato to Deely)



25TH APRIL - BLUFF KNOLL WALK

I am planning to walk up Bluff Knoll with teens... parents will have to organise / share lift to and from the car park (there is an entry fee to the Park unless you have a pass). Parents can car-pool so that not everyone needs to drive down and back (or camp nearby if you so wish).

Cost \$20 meet at the Bluff Knoll car park between 8 and 8:30 AM Friday 25th April.

BRING at least 2 litres of water (one litre can stay at the car), morning tea to eat up the top, a fruit (preferably an orange or apple) and a treat (energy bar or equivalent). Decent walking shoes (though I have done it in sandals), SOCKS! (it may get cold), rainjacket, and warm jumper (even if not worn!).

At the top we'll have brunch, and do 12 minutes of Paneurhythmy before heading back down. Total walk will likely take around 5 hours (depends on slowest walker). I have walked to the Knoll both in Summer and in Winter, and it can be challenging, but everyone I know who has done it (including 10-17 yo +) have all thought it worthwhile.

Please note that though I previously lead bushwalks in Victoria, my first aid has NOT been updated, and my insurance does NOT cover incidents. Participate at own risk. Parents do not NEED to walk (in fact, I would suggest that the driver avoids the walk in order to not feel exhausted for the drive back). There is a camping ground about 30 mins away in case some families would like to stay the night before or after (I will be heading to Denmark that evening for a yoga and meditation retreat).

PLEASE SHARE - this activity is open and not restricted too homeschoolers.

BALINGUP YOGA STUDIO – THURSDAYS 4:00–4:45
Yoga for teens (12 - 17 y.o. only) – please contact to book