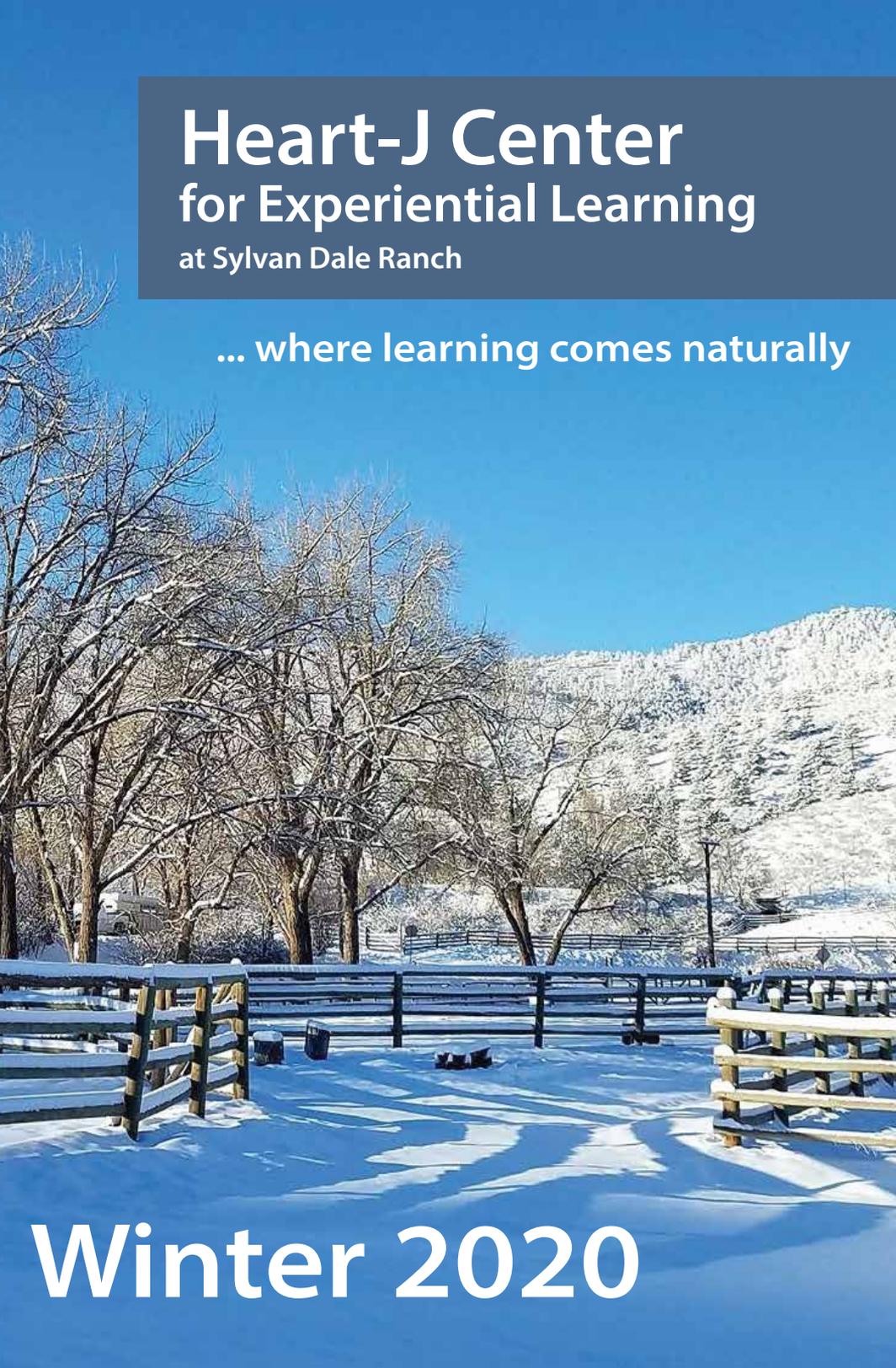


Heart-J Center for Experiential Learning

at Sylvan Dale Ranch

... where learning comes naturally



Winter 2020

Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit.

- E.E. Cummings

WELCOME

You are here.

Creativity, connection, joy.

Learn, be inspired, and discover. Explore the beauty of the natural world and your own human spirit.



The Heart-J Center for Experiential Learning is based at Sylvan Dale Ranch, a uniquely beautiful environment where learning comes naturally. Tucked into the rolling red rock foothills at the gates of the Rocky Mountains, bounded by the Big Thompson River, Sylvan Dale is 3,000 acres of authentic Western ranch land. It's a place where you can slow down ... engage your heart, hands, mind, and curiosity ... and be part of a community of learners all creating together.

A rejuvenating and meaningful experience awaits. Please join us.

Welcome. You belong here.



Heart-J Center, a 501(c)3 nonprofit organization

2939 N County Road 31D
Loveland, CO 80538-9763

970-344-9910

JANUARY

Start your new year off right!



VETERANS

Open House

Saturday, January 4

12:00 pm - 4:00 pm

Come celebrate the beginning of a new year at the ranch, see our new office space, and catch up on goings-on in Heart-J Veterans, the Heart-J Center, and Sylvan Dale Ranch. Open to all veterans, all ages and all branches. Families welcome too!

WELLNESS WORKSHOP

New Year, New You

Saturday, January 11

10:00 am - 4:30 pm

\$100 per person

This is a great time to reflect on the positive changes we'd like to make in the new year. Join us for a relaxing, recharging, and fun workshop to learn more about reaching your wellness goals in 2020, including stress reduction, mindfulness, and more.

CREATIVITY RETREAT

Beginning Watercolor

Friday, January 17 -

Sunday January 19

\$395 per person

Have you ever wanted to learn how to paint? Start your new year off right by learning a new creative skill with our Beginning Watercolor class. Led by artist and teacher Trish Murtha, you'll learn the basics of creating wonderful watercolor paintings. Focusing on the colors of winter, Trish will teach you easy techniques to capture the brilliant light and sculptural shapes revealed in the winter landscape. Geared for beginners, but all are welcome!

CREATIVITY RETREAT

Starting to Write

Friday, January 24 -

Sunday January 26

\$395 per person

Do you have a writer inside you that's waiting to emerge? Do you have stories you want to tell, but are stuck sitting in front of that blank page? In this retreat, taught by award-winning author Susan Devan Harness, you'll learn how to get started on your writing journey.





FEBRUARY

“Let us love winter,
for it is the spring of
genius.” - Pietro Aretino

OUTDOOR ADVENTURES WORKSHOP

Backpacking 101

Saturday, February 1
10:00 am - 4:00 pm
\$20 per person

Thinking of taking your first multi-day backpacking trip, or maybe even putting together a team and tackling the Continental Divide? Join Silas Binkley for this three part course. Attend one section or attend all three. Backpacking & Expedition Planning 101 will discuss proper planning, equipment selection, and packing for a multi-day outing. This is the perfect primer for a spring break or early summer backcountry adventure!

CREATIVITY RETREAT

The Colors of Winter

Friday, February 7 -
Sunday February 9
\$395 per person

Learn how to capture the astounding shapes in deep shadows and colors in brilliant winter light in watercolor. In this retreat, artist Trish Murtha will help you explore the sculptural lines of rock, river, and exposed tree branches. *Suitable for all experience levels.*



VETERANS

Monthly Gathering

Saturday, February 20
12:00 pm - 4:00 pm

Heart-J veterans, join us for another day of fun, food, and fellowship. Open to all veterans, all ages and all branches. Families welcome too! Please visit heartjcenter.org/veterans for more information.

WELLNESS RETREAT

Mapping Your Future

Friday, February 28 -
Sunday March 1
\$495 per person

You are at the edge of the map as you know it and still have 30 years of living to do! Retirement, an empty nest, and job shifts provide opportunities to explore new adventures, but we need a map to reach our goals. Reflect, tell stories, and engage in one-on-one and small group discussions to imagine possibilities and draw the map to your future.

OUTDOOR ADVENTURES WORKSHOP

Backpacking 201

Saturday, February 29
10:00 am - 4:00 pm
\$20 per person

Continue to tune up your backpacking skills — Spring is right around the corner! Learn more about how to safely plan a backcountry expedition during this one-day workshop.

Register at www.heartjcenter.org/2020-programs



MARCH

“The object isn’t to make art, it’s to be in that wonderful state that makes art inevitable.” - Robert Henri

CREATIVITY RETREAT

Writing Your Life Story

Friday, March 13 -
Sunday, March 15
\$395 per person

Have you set your sights on writing your memoir, or would you like to capture your personal stories in essays or vignettes? Susan Devan Harness, author of the award-winning memoir “Bitterroot,” will give you the tools and guidance to create the characters, scenes, and structure that will transform your memories into compelling writing. *Open to all experience levels.*



VETERANS

Monthly Gathering

Saturday, March 14
12:00 pm — 4:00 pm

Heart-J veterans, join us for another day of fun, food, and friendship. Open to all veterans, all ages and all branches. Families welcome too! Please visit heartjcenter.org/veterans for more information.

OUTDOOR ADVENTURES WORKSHOP

Horsin’ Around

Monday, March 23 -
Thursday, March 26
\$525 per person

Trail rides through stunning canyons and forest. An array of activities including archery, hiking, a guided nature walk, fishing, and relaxing by the Big Thompson River. And you'll be treated to delicious meals by Chef Marcus Hollingsworth! An all-inclusive, peaceful and rejuvenating vacation awaits.

WELLNESS RETREAT

ADHD Family Retreat

Friday, March 27 -
Sunday March 29
See website for pricing

Spend the weekend with your family in a safe and supportive vacation-like atmosphere, for a special one-of-a-kind learning adventure. For families and kids ages 5-8, suspecting or recently diagnosed with ADHD, this retreat will help families learn what to expect when faced with the challenges of ADHD.

OUTDOOR ADVENTURES WORKSHOP

Backpacking 301

Saturday, March 28
10:00 am - 4:00 pm
\$20 per person

Take a deeper dive into learning the expedition planning skills that will prepare you and your team to safely tackle the most challenging backcountry experiences. Colorado Trail, anyone?

Register at www.heartjcenter.org/2020-programs



DETAILS

Enjoy charming ranch accommodations and delicious, fresh food

WELCOME TO SYLVAN DALE!

Your home for the weekend will be the beautiful and peaceful Sylvan Dale Ranch, where Western hospitality has been a way of life since 1946. In addition to your retreat, you'll enjoy charming ranch accommodations and delicious, fresh food prepared by Chef Marcus Hollingsworth. Take some time for a stroll along the river in the fresh winter air, or just relax — and let learning come naturally!



SPECIALS

Recruit a friend and take \$25 off a three-day retreat and \$10 off a one-day workshop! Use discount code **FRIEND**

Register for the Mapping Your Future Retreat by February 1 and receive \$50 off.

REGISTRATION

Register at www.heartjcenter.org/2020-programs

Space is limited! Priority registration ends 2 weeks prior to retreat or workshop start date.

Questions? Please contact Heart-J Center Education Manager Silas Binkley at **970-344-9910**.



Welcome to the Heart-J Center at Sylvan Dale Ranch

LET THE BEAUTY AND SERENITY OF NATURE INSPIRE YOU!

As soon as you come onto the land, you'll feel your shoulders relax and you'll enjoy a deep breath of fresh, pine-scented air. At the Heart-J Center lifelong learners will find quality instruction that's engaging, powerful, and meaningful in a setting that is nothing less than magical. Welcome!

MEET YOUR INSTRUCTORS



Trish Murtha, HJC's Creativity Guide, is an accomplished artist and teacher. With individual instruction, demos, color mixing made simple and techniques galore, you'll be painting in no time. Trish's classes are spirited and seriously fun.



Susan Devan Harness is a writer, speaker, researcher, and teacher. Her memoir "Bitterroot" won several awards at the 2019 High Plains Book Awards. She was recently a speaker at TEDxMileHigh.



Beth Roome is an expert in professional and personal resilience. For over 20 years, she's been passionate about supporting resilience in individuals and organizations, building teams and designing cultures to support greater connection.



Silas Binkley, HJC's Education Program Manager, has led adventure education-based expeditions for over 20 years. He has logged 100s of back-country days in leadership positions, from the southwest U.S. and Mexico, to Australia, Nepal, Scotland, and more, and has through-hiked 600 miles on Colorado's continental divide.



... where learning comes naturally



GETTING HERE

Sylvan Dale is between mile markers 84 and 83 on US 34 west of Loveland. As you near the Ranch from the east watch for the covered wagons on the right (north) side of the road. The wagons will signal that you are approaching the Ranch entrance. Turn right (north) and drive down the hill past the Sylvan Dale horse barn and arena, and across the Big Thompson River. Turn right at the old silo and follow the signs to the Office, in The Heritage building.



The Heart-J Center is a 501(c)3 nonprofit organization. All donations are tax deductible. To get involved, please contact Executive Director Laura Armstrong at 970-690-4221 or laura@heartjcenter.org

Keep up to date with the Heart-J Center by signing up for our newsletter at www.heartjcenter.org

