

**Yellow Bear Journeys** designs, plans, and guides ecotours primarily in the Pacific Northwest and Hawaii with a unique focus: Restoring the hope, strength, and joy of the participants, and bringing clarity to their next step in life.



Our journeys are designed to reconnect everyday people with nature in gentle ways that allow enjoyment without overwhelming the participants. The rich, life-giving ecosystems of ocean beaches and rainforests are ideal environments to refresh those beleaguered by a modern lifestyle disconnected from nature, and those who have a nagging suspicion they've lost touch with their truest self and purpose.

360-918-8121 [YellowBearJourneys.com](http://YellowBearJourneys.com)

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**We Offer the Following:**

- Scheduled Eco Journeys (Tours & Workshops) – Sign up to join others on scheduled eco journeys.
- Flex-Scheduled Eco Journeys – Sign your group up to take one of our eco journeys. Give us sufficient notice and we will schedule it for your group.
- Customized Eco Journeys – You want to go on an eco journey which is one we do not offer, or you want to go alone, not with a group. We work with travel agents around the world to provide you customized eco journeys.
- Eco Journey Gear and other Resources.
- Speaking Engagements
- Travel Research and Consulting, Life Consulting, Web Searches and Computer Consulting, Green Car Consulting, and Non-Toxic Living Consulting.

**Each of our Journeys Include:**

- Time to Refresh your Soul, Connect with Nature and with Others, and Find your Next Step in Life
- A Tour (or Workshop), A Celebration, and An Awakening – Visit Nature in Her Own Backyard, Rejoice in the Hope that You Find, Come Alive to the Possibilities
- Fun, Relaxation, Exploration, Discovery
- A Chance to Share the Experience with Others

**Our Journeys Focus on:**

- Beaches
- Rainforests
- The Pacific NW (Washington, Oregon, British Columbia)
- Hawaii

**Who Can Participate:**

Our Eco Journeys are designed to be enjoyed by people of all ages, in most levels of physical fitness, unless designated otherwise. If you have special physical needs, please contact us to see if we can arrange alternative transportation and lodging to meet those needs.

**Tours Currently Scheduled:**

Currently, we have no scheduled tours. Groups of 4 people can schedule any tour, just give us time to arrange lodging and transportation, if those are necessary. For individuals and groups, we are currently offering day trips in Western Washington - through the end of September (or later if the weather holds out). Call us to see what day trips we have schedule or to schedule your own.

**We also cover a variety of other subjects:**

- Green Cars
- Peace is Eco
- Organic Wine
- Tree Free Paper
- Etc.

**Our Commitment to the Environment:**

On each journey we strive to balance the needs of the environment, the needs of the people, and financial reality. We will always seek the most environmentally friendly lodging, food, and transportation choices within a reasonable tour budget.

We try and make our Eco Journeys as non-toxic as possible. We look for lodging choices which use no pesticides or other toxic chemicals. We discourage the use of toxic insect repellants.

At Yellow Bear Journeys, we are committed to making our Eco Journeys as fragrance-free as possible. We believe this is best for the health of all participants. We travel at close quarters and showing consideration for the air we share helps avoid dangerous asthmatic, allergic, and migraine triggers. See our Fragrance Free Policy at the end for more information.

We will help you purchase carbon offsets to make your journey carbon neutral.

We ask you to pack out what you pack in and to recycle when possible.

**What is an Ecotour?**

An Ecotour is a tour of nature, a chance to get to know nature better, perhaps on a first name basis. We call our Ecotours Ecojourneys. Ecos is greek for home. So this is your journey home.

Ecotours are also called Nature Tours, Environmental Tours, Ecological Tours, Nature Walks, Beach Walks, Rainforest Walks, and Outdoor Adventures.

We provide Pacific Northwest Tours, Hawaii Tours, and Caribbean Tours. For other locations, we offer customized tours.

**Visit Nature in Her Own Backyard**

Do you yearn to get out in Nature again? Have you heard Nature calling you as you walk by a window to come outside and play? Are you looking for a new lease on life? Want to be refreshed? Then, come with us on an Eco Journey. We'll visit nature for a day or two, and often for a week or two.

Our Eco Journeys are designed to help you enjoy nature, rather than be overwhelmed by her. Most of our journeys are low-key, involving bus rides and leisurely walks. Strolls on the beach, or through the rainforest.

We offer both tours and workshops. The workshops give us a chance to explore aspects of our relationship with nature which we may not encounter, by just being out in nature.

**Rejoice in the Hope that you Find**

Just thinking about being out in Nature, can get me dancing a jig – though usually not in public. You may not get that excited, but we hope to at least put a huge smile on your face. Each tour will include a time set aside specifically for celebration. This will be a time when we can all share the hope and joys that we've found.

**Come Alive to the Possibilities**

It is our hope that each of our journeys involves an Awakening for each participant. This is a realizing of what it is, you're going to do tomorrow – tomorrow when the journey is over. What am I going to do? Who am I going to be? How will I live? What am I going to stop doing? Where does my journey of life begin? We structure each Journey to help your Awakening happen.

## Tai Chi for Peace



When peace calls you, you can not avoid it. Here is a simple practice you can do every day to journey towards a supreme ultimate state of peace.

[Tai Chi](#) often refers to a form of martial arts. The words Tai Chi (Taiji) refer to the Supreme Ultimate state of possibility. Tai Chi Chuan is the martial arts form and means Supreme Ultimate Shadowboxing or Supreme Ultimate Fist.

Tai Chi for Peace (Tai Chi Heping) is something you can do every day. In China, many people practice Tai Chi Chuan outdoors at dawn. My hope is that Tai Chi Heping will also be practiced outdoors (though not necessarily at dawn). And when somebody sees another person practicing Tai Chi Heping, I hope they will join with that person in practicing it.

Tai Chi for Peace can also be considered a form of Qigong. Qigong and Tai Chi are very similar. Qigong is older than Tai Chi Chuan and was developed to improve health. Qigong means Ultimate Work or Ultimate Cultivation, with Ultimate referring to the Ultimate state – so, Working with the Ultimate State or Cultivating the Ultimate State.

Practice Tai Chi for Peace whenever you like. Practice it outdoors, if you can. The movements are simple and it is impossible to do incorrectly. If it is more comfortable to you to practice this indoors, then do that. If you see somebody else practicing Tai Chi Heping, please feel free to join them. Perhaps one day, we will practice together!

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### **Instructions:**

Stand, facing the sun or each other. Hold your arms loosely at your side, relaxing them. Allow your elbows to bend slightly upwards. This in turn should bend your wrists slightly upwards. Hold your fingers loosely, so that your index and middle fingers are touching and are about 1/2 inch from your thumb. The ends of these fingers should be 4-6 inches in front of your hips.

Don't worry about getting your hands in the exact position. If you are relaxed, they probably are in the correct position for you.

Notice the energy beam between your (two) fingers and thumb. If you can't *feel* this energy beam; place one hand snugly, but loosely, around the forearm of the other hand. Quickly, several times, stroke your forearm from your elbow to your wrist. Now, stroke your other forearm. This will help your chi flow.

Now, try again. If you still can't feel the energy beam, don't worry about it. Trust that it's there.

Now, draw the peace symbol. Currently, your fingers are where the diagonal lines meet the circle. Keeping your fingers in this position, bring them up above your head while drawing the upper part of the circle. When your hands meet, draw the vertical line, lowering your fingers to your heart.

Then, draw the diagonal lines until your fingers are at their starting position. Now, draw the bottom part of the circle. This last part is easier if you bend slightly at the waist while doing it.

Your hands should be together now. Pull them up to your heart chakra, completing the peace symbol. Your palms should be turned toward your heart, sending peace into your heart.

Now, turn the palms of your hands outwards, pushing your hands away from you, then away from each other in arcs (semi-circles), sending peace to all others.

Now draw the peace symbol two more times.

### **Foot Movements – Standing Variation:**

If you desire, you can add in foot movements, as follows. The angles are approximate and you should do whatever feels natural. Start with either your left or right leg, whichever feels more natural.

Start with your left leg a little forward, bent at the knee at a 135 degree angle. Your right leg should be diagonally straight back from your body at a 45 degree angle.

As you bring your hands up to form the upper part of the circle, let your legs come up naturally (drawing your left leg back), so that you are standing straight when your fingers meet at the top of the circle.

As you bring your hands down to your heart, slide your left leg to the left, keeping it

straight, until it makes a 45 degree angle with your other leg.

As you draw the diagonal lines downward with your fingers, slide your left leg back to center. When your diagonal lines meet the circle, you should be standing straight.

As you draw the bottom of the circle, slide your right leg to the right, keeping it straight, until it makes a 45 degree angle with your other leg.

As you bring your hands back up to your heart, slide your left leg back in. When your hands reach your heart, you should be standing straight.

As you send peace out to others, put your right leg forward at a 135 degree angle and your left leg diagonally back at a 45 degree angle. This is the same as your original stance, just using the opposite legs.

Start drawing the peace symbol again from this stance, so that you use the opposite leg (from the one you used the first time).



## Green Car Eco Journey

This is your chance to find out what is available, in Washington State, in the way of electric, bio-diesel, and hybrid cars. It's one thing to go to a show and see someone else's green car, but to see one that you could actually own is a whole other thing.

This is a great tour for everyone, but especially for graduates who will be receiving a car in the near future, and for the parents who will be giving them that car. If you're going to buy a car, why not make it a green car?

We offer several versions of this tour - 5 day statewide - Olympia, Spokane, Seattle, Tacoma. 1 day Olympia and Seattle. 3 hour Olympia or Seattle. The 5 day version of this tour is only offered May-Sep. One Day and 3 hour versions are offered any time of year, so long as the roads are not snowy or icy.

## Healing Beaches Hawaii



***Imagine!*** You wake up in the morning and you're in Hawaii. Ready for another day in the tropics, you head out, swimwear in hand, should you need it.

You join the others on the beach for a nice, gentle, refreshing walk. The ocean calls you, nourishing you. The child in the ocean calls to the child in you, "Come, play with me!". So you don your swimwear, and walk out into the ocean, joining it, and playing with it – frolicking in the waves.

Later, back on the beach, you let the ocean talk to you, reminding you of all the things that bring you joy. You know that the world that awaits you is not the world you left behind. And slowly you see a picture of what that new world looks like.

Another day, it's a boat ride with optional snorkeling. You enjoy the camaraderie of the others and of nature. So, many joys to behold! And now the picture of your new world becomes a little clearer.

Waterfalls! What waterfalls! Surely this must be paradise – a dreamland! But, what will happen when you leave this dreamland? You know. You will take your dreams home with you. You will dream your way into your new world.

More beaches. More gentle walks. More time in the ocean. Magnificent sunrises and sunsets. Drink it all in! Savor every moment! And come to know what it is, that will be your next step in life.

Join us for this Eco Journey on the Healing Beaches of Hawaii. Come to Hawaii, and let the beaches and oceans heal your soul.

Five Days on the Island of your choice - Kauai, Maui, or The Big Island. This tour is offered all year round.

## Eco Vacation on Vancouver Island



For your vacation this year, why not make it an eco-vacation and join us on Vancouver Island, British Columbia, Canada? Come join us as we visit Victoria, Nanaimo, Campbell River, Port McNeill, Alert Bay, Cormorant Island, Quadra Island. On this eco-vacation, we'll enjoy Kayaks (optional), Butchart Gardens, Whale Watching, Beaches, and more.

Join us for this Eco Vacation on Vancouver Island, British Columbia, Canada. We leave from Victoria, British Columbia (BC). Just to keep things clear, we are *not* going to Vancouver, BC (British Columbia), but rather to Vancouver Island. Vancouver Island is best known for the city of Victoria, which is 68 miles across the Strait of Georgia from the city of Vancouver.

In Victoria, we'll walk along the water front, visit Bouchart Gardens and take a Whale Watching Tour. On the Whale Watching Tour, we are likely to see Whales, Dolphins, Seals, Eagles, Gulls, Cormorants, Shearwaters, Grebes, Loons, and Blue Heron. There will be a naturalist on board.

From Victoria, we head up the coast to Nanaimo where we'll take a little Nature Walk. We end that day in Campbell River at the south end of Discovery Passage, where other wonders of nature await us.

The next day we head to Port McNeill on the north end of Vancouver Island. We'll take the ferry over to Alert Bay on Cormorant Island. Here we'll have time to kayak. Kayaking lessons are available. We'll spend the rest of the time enjoying the beauty of Cormorant Island which lies in the middle of Johnson Strait. We may even get to see an Orca Whale swim by.

The next day, we'll head back toward Victoria, stopping on Quadra Island to walk along a beach or two.

The last day, we arrive back in Victoria where we'll stroll through a park with beaches and woods.

This is a 5-day tour, starting and ending in Victoria, BC.

## Wondrous Beaches Washington



May through September

5 days

Ocean Shores, Damon Point, Copalis Beach, Port Angeles, Sequim,  
Port Townsend, Whales, San Juans

Join us for this Eco Journey on the Wondrous Beaches of Washington. We leave from Olympia, WA for Ocean Shores, Damon Point, and Copalis Beach on the first day. At Damon Point, we'll watch thousands of birds flying and diving. Some of the birds you might see are crows, ducks, eagles, geese, gulls, hawks, herons, ospreys, owls, and wrens. Bring your books and binoculars or scope if you want to try and identify these birds, or you can just enjoy the wonder of watching them. Then we'll head over to the Damon Point Interpretive Center, where you can find out more about birds, shellfish, and other wildlife in the Damon Point area. You may be tempted to buy a book or gift at this Interpretive Center, so have your wallet ready. We'll stop in Ocean Shores for lunch, then each person in the group will have the choice of staying in Ocean Shores and possibly renting an electric boat or heading up the coast to Copalis Beach. Getting to Copalis Beach will require some scrambling up and down dunes, the bottoms of which are often filled with water. We'll meet back at Ocean Shores for supper.

On day two, we head up the coast to Beach 1 and Beach 3. Group size is limited on these beaches to 12. If there are more than 12 in the group, part of the group will go to Beach 1 and the rest to Beach 3. After enjoying the wonders of these beaches, which might include tide pool life, we head to the Port Angeles for the night.

On day three, we head over to Sequim and the Dungeness Spit. The Dungeness Spit is a sand bar that stretches out into the water of the Strait of Juan de Fuca. One side of the sand bar you can walk along. The other side is a wildlife sanctuary. We'll spend some time walking up and down the beach and enjoying the wildlife (mostly birds), the water, and the sand. If no one in the group objects, we'll visit a lavender farm. On day three, we'll also spend some time in Port Angeles, visiting the Olympic Coast Discovery Center and learning about the U.S. Marine Sanctuaries.

The last two days, we'll spend in Port Townsend. We'll catch a whale watching boat and see if they can find us some whales (orcas). The whale watching trip is optional, but does include a stop over in the San Juans. We'll walk through parks, visit a lighthouse, walk along the coast. Most of all we'll relax and enjoy the wonders. On day five, we head back to Olympia.

## Serenity in the San Juans



May through September

5 days

San Juan Island, Lopez Island, Orcas Island

Searching for Serenity: Tranquility; Peace? Come join us on the San Juan Islands of Washington for five days away from it all. Five days to bask in focusing on nothing, nothing at all.

From the moment the ferry leaves the dock, and heads across the water towards the islands, you start to feel cut off and separated from the hectic pace and stress of your life; and you start to feel the pleasure of slowing down.

Five days to allow your soul to reconnect with yourself. Five days to make peace with your warring emotions. Five days to remember what life is really all about. Five days may not seem like it will be enough time for this, but it will be.

## **Fragrance-Free Policy**

At Yellow Bear Journeys, we are committed to making our Eco Journeys as fragrance-free as possible. Fragrances can trigger asthmatic, allergic, and migraine reactions in many people. The American Lung Association, Centers for Disease and Control, National Institute of Environmental Health Sciences, American Medical Association, and National Academy of Sciences, among others, have identified perfumes and/or fragrances as allergy or asthma triggers, or as containing toxic ingredients. Coop America/Green America has identified fragrance among its list of ingredients to avoid. Fragrance sensitivity is one special need we try and meet on every Journey. We ask you not to wear fragrances on the Journeys. We travel at close quarters. Please help protect the air we share.

Finding travel and lodging choices which are fragrance-free can be a challenge. Yellow Bear Journeys uses travel and lodging companies who have fragrance-free policies when possible. Next, we look for travel and lodging companies which do not use fragrance, but do not have fragrance-free policies for their guests. Then we look for travel and lodging companies who use a minimum of fragrance, and who we can work with to remove the fragrance before we use their services.

We ask you not to wear fragrances on our eco journeys. Finding scent-free products, especially on short notice, may require some effort. We have many years of experience, and a large database and networks through which we can help you find unscented products. We hope to be able to provide scent-free products for the journey participants at some future point in time. We can also help you find products which will remove scents and which will help you travel if you are sensitive to scents.

Essential Oils and Natural Fragrances are usually less toxic than artificial fragrances. However, some people are sensitive to essential oils so we ask you to refrain from using them. Some studies have shown that heating essential oils causes them to give off toxic chemicals.

We appreciate your help with this health issue. You do what you can, and we will do what we can to provide fresh air on these journeys. One step we will take, only as a last resort, is remove people from the journey, without reimbursement, who deliberately violate this policy.