

TEDS Foundation



Upcoming Amazing Projects and on site Retreats!

2021 is going to be a great year! We have some incredible projects and **retreats** planned and wish to present them here: If you wish to go out into nature and learn how to heal not only your body, but also your emotions, mind and spirit, then the **Connected Living Farm** is for you!

Come learn a holistic approach to health and wellness on an all-organic regenerative 300-acre farm nestled along the majestic Smith River in the Appalachian Mountains of Virginia. Our team will guide you through ways to assess and overcome stresses or influences, known and unknown, that sabotage the joy in your life. We even have special **Connected Athlete Training Camps** where you can learn all about the influences that could affect your athletic performance and how to prevent and heal injuries!

The Connected Living Farm Experience



- **Morning Mobility Exercises:** A variety of physical movements help to release stress and emotional tension from the body. Each morning, we meet as a group to practice therapeutic mobility drills that have their foundation in qi gong and yoga.
 - **Fasting as a Spiritual Practice:** Often people eat certain foods or remain full constantly to mask emotions they do not want to feel. Many foods are medicinal, but depending on foods is not healthy, so we vary the interval, timing and selection of foods we eat each day. This intermittent fasting and intentional eating practice creates openings for personal growth and more holistic wellness.
 - **Farm-to-Table Foods:** From May through October, we grow chemical-free vegetables, greens, and herbs in permaculture raised beds. Throughout the year, guests eat all-organic meals with farm-to-table ingredients, as seasonally available.
 - **Participate in Sustainable Farming:** The farm has chickens, ducks, turkeys, a donkey, pigs and dairy cows. We rotate the animals across the 50 cleared acres and into silvopasture paddocks to enhance the health and carbon-carrying capacity of the soil. Guests are welcome to help feed the animals the organic feed and organic food scraps that supplement the animals' grazing. The dairy cows are milked by hand twice daily. If guests would like to observe or learn how to milk a cow, they are welcome to join in a milking session at the cow stanchion.
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The Connected Athlete Training Experience



- **Morning Mobility Warmup Exercises:** A variety of physical movements help to release stress and emotional tension from the body to prime your body for physical exertion. Every morning, we meet as a group to practice therapeutic mobility drills and dynamic stretches that have their foundations in qi gong and yoga.
- **Relearning How to Breathe:** How you breathe constantly affects your ability to perform despite physical stress, such as endurance feats or high altitude competitions. We practice nose-only breathing and apply specific breathing drills to optimize oxygen utilization, reduce stress, prevent dehydration, and enhance the connection between your mental will and your bodily output.
- **Bio-individualized Diets for Performance:** Team members of the TEDS Foundation have observed various diet regimens to enhance performance or help address health challenges over time. They love to share their impressions and experience of these diets with athletes. They will also equip guests with skills to determine the best eating focus for themselves and optimize the nutritional value they get from the foods they eat.
- **An Adventure Awaits:** Spending time in nature is a phenomenal way to reconnect with the earth, become grounded, and recover from an intense workout. Participating in outdoor recreation on the farm allows athletes to realistically apply the performance and endurance skills they learn during the scheduled sessions. The farm has over 10 miles of trails for hiking, mountain biking and ATV riding through the mountainous native forests. The forest includes 1.25 miles of frontage on the Smith River, voted one of the top 100 trout streams in North America.





Connected Weekends



Connected Athlete Weekends

Retreats focused on connecting for physical injury prevention

Wed. May 19 - Sun. May 23

Wed. June 9 - Sun. June 13

Wed. June 16 - Sun. June 20

Wed. July 14 - Sun. July 18

Connected Living Weekends

Retreats to learn a general skillset for leading a connected, fulfilling life

Springfast: Wed. April 21- Sun. April 25

Spiritual focus on fasting

Wed. May 12 - Sun. May 16

Wed. July 7 - Sun. July 11 **Focussed eating weekends**

Wed. Aug. 11 - Sun. Aug 15

Wed. Aug. 18 - Sun. Aug 22

Connected Service: Wed. Sept 8 - Sun. Sept 12

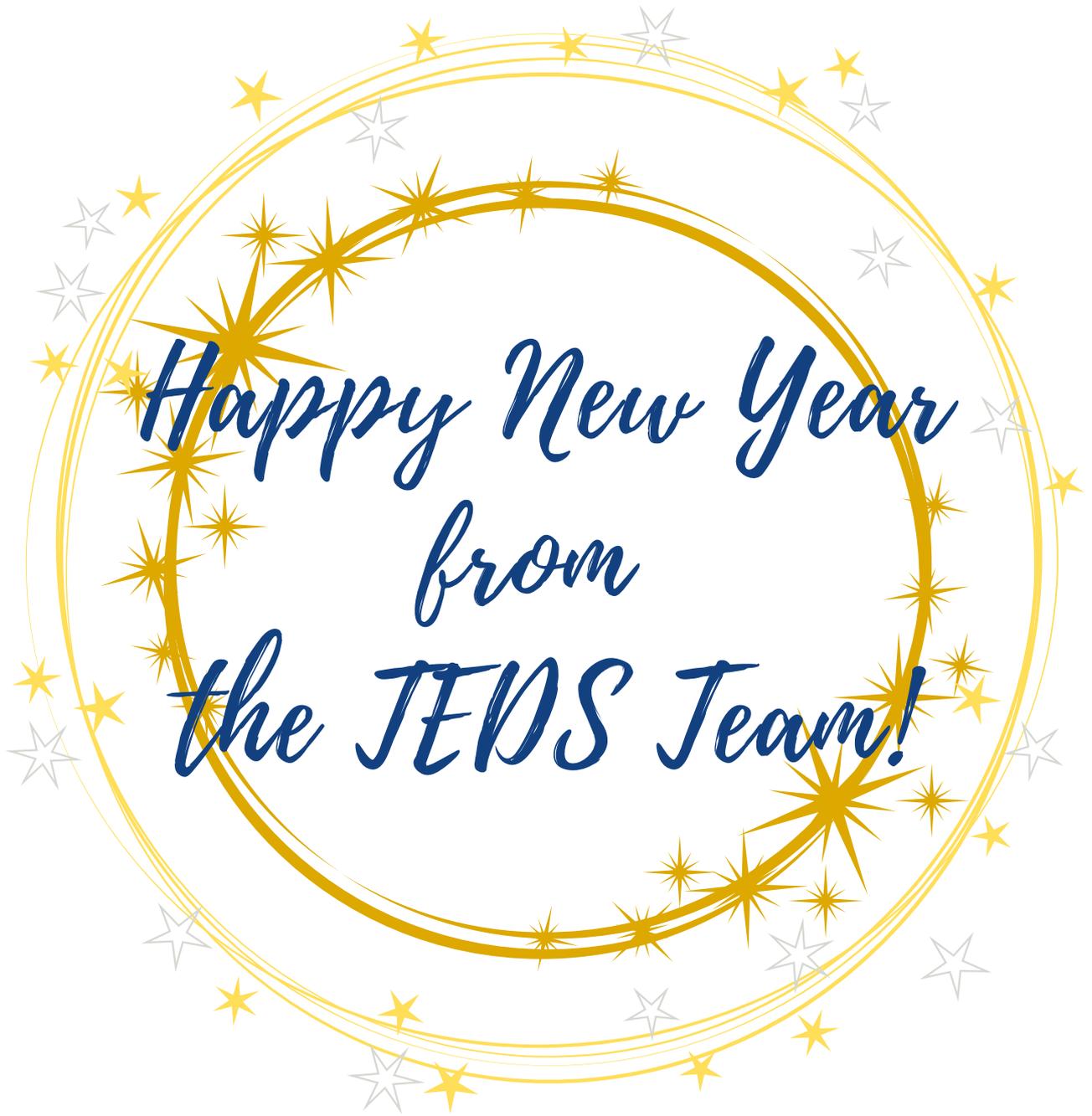
People from service professions are welcome to participate

Interfaith-focussed: Wed. Sept 15 - Sun. Sept 19

Faith-based people who want to learn a lifestyle focus

Octoberfast: Spiritual focus on fasting





*Happy New Year
from
the JEDS Team!*