

Christina Leaño

FOREST THERAPY WALK



SATURDAY, JUNE 18TH

8:00 - 10:00 AM

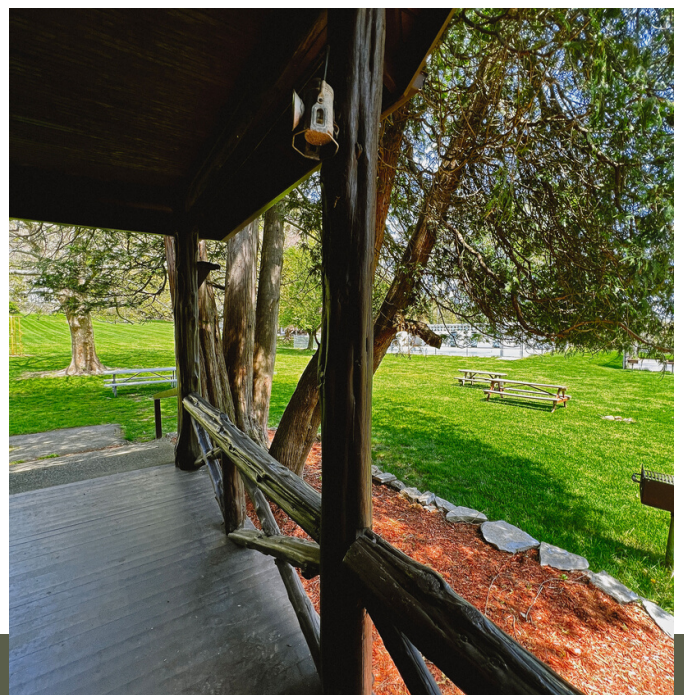
EXPERIENCE THE HEALING
AND WELLNESS-PROMOTING
EFFECTS OF FOREST
BATHING, THE PRACTICE OF
IMMERSING THE SENSES IN
THE ATMOSPHERE OF THE
FOREST.

BOOK NOW

TO REGISTER EMAIL
MFLC@MARYDELL.ORG

INSPIRED BY THE JAPANESE PRACTICE OF SHINRIN-YOKU

THIS WALK WILL BE AN OPPORTUNITY TO RENEW ONE'S RELATIONSHIP WITH NATURE TO SUPPORT MENTAL AND PHYSICAL HEALTH. ON THE TWO-HOUR WALK AMIDST THE BEAUTIFUL SETTING OF MARYDELL, YOU WILL EXPERIENCE A SERIES OF GUIDED, GENTLE INVITATIONS TO OPEN THE SENSES AND CULTIVATE PRESENCE, WITH MORE TIME TO DEEPEN THE HEALING INTERACTIONS BETWEEN PEOPLE AND THE NATURAL WORLD.



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Thanks Kelly! www.4eyesphotography.com