

Forest Therapy Walk

"The forest is the therapist; the guide opens the door."

Sunday, August 21, 10 am to 1 pm



What is Forest Therapy?

- ▶ A series of guided sensory invitations into deeper connection with nature,
- ▶ that takes place in state parks, nature preserves, arboretums, gardens, and private spaces.

- ▶ It allows individuals and groups to experience the healing effects of the outdoors and
- ▶ is accessible to everyone, regardless of age or physical condition.

- ▶ Nature and Forest Therapy is a research-based restorative practice, which comes out of Japanese shinrin yoku or "forest bathing."
- ▶ Among other benefits, it has been shown to lower blood pressure, decrease cortisol (stress hormone) levels, and increase immune function.

When: Sun, August 21, 2016, 10 am-1 pm

Where: six acre private residence, Troy, NY

Sign up and receive further information at OfTheEssenceHolisticWellness.com.

Fee: This introductory walk is FREE, though donations will be gladly accepted.

Led by: Diane Kavanaugh-Black, Forest Therapy Guide, yoga instructor and local writer

~ **Connect** ~ with yourself, nature, and others again. ~

~ **Unplug** from the electronic and frenetic. Breathe with clouds, trees, water, flowers....Come, live in the untamed world for a while. ~