

Forest Therapy Walk

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

Friday, July 22, 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: Friday, July 22, 2016, 10 am to 1 pm

Where: six acre private residence, Troy, NY

Sign up and receive further information at OfTheEssenceHolisticWellness.com .

This introductory walk is FREE (though donations will be happily 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. ~