



**Unplug.  
Breathe with  
clouds, trees, water, flowers.  
Come, live in the  
untamed world for a while.**

**“The Forest is the therapist; the guide opens the door.”**

**An introduction to Nature and Forest Therapy**

**Monday, June 5, 2017, 6 to 8 pm**

**The HopeClub, One Penny Lane, Latham**

Do you feel intuitively that being outdoors in nature can make you feel better or centers you?

Have you heard about Japanese *shinrin-yoku*, or “forest bathing,” and wondered what it might be like to experience? Would you like to know more about this scientifically researched restorative practice and try it for yourself?

Diane Kavanaugh-Black, Nationally Certified Forest Therapy Guide, yoga instructor and local writer, will talk about what a Guided Forest Walk is, what it isn't, and why you might participate in one! We'll try it out with a short nature invitation and then together choose where Diane will lead a full Guided Walk this summer for HopeClub.