



Are you missing beloved trees?

Honoring Loss & Resilience *Restoring Wellness*

Come experience the “Magic” that happens when we slow the Body/Mind and open our Senses in the World of Nature.

Potential Health Benefits:

- **Reduces stress & anxiety**
- **Boosts immune health**
- **Lowers blood pressure**
- **Elevates & stabilizes mood**

These Walks are inspired by the Japanese practice called **Shinrin Yoku** which translates to “forest bathing”. Scientific research has shown that coming into this fuller, deeper immersion with Nature is powerful medicine.

The trauma of sudden, unexpected loss can be overwhelming. Experience how being in Nature, using these practices, has the potential to connect us to our Resilience as well as honor our Losses.

When: Thurs, Sept. 6th, Oct. 4th & Nov. 1st, 2018 (weather permitting)

Time: 10:00 am – 12:00 pm

Where: Sugarloaf Ridge State Park

Investment: Free to those impacted by our Fires, or by donation

Walks led by Susan Karle, LMFT, Certified Forest Therapy Guide.

Susan combines her expertise in grief and trauma with her passion for partnering with Nature to provide optimal Health and Resilience.

To register: <http://recamft.org>

Limited spaces, reserve soon.

For more info contact Susan at 707-938-3345, susanklmft@gmail.com