



## Honoring Loss & Resilience

Restoring Wellness  
with Forest Bathing

*Are you missing beloved trees, your home, a sense of safety & trust? Come experience the restorative practice of Forest Bathing.*

These gentle walks inspired by the Japanese practice called **Shinrin Yoku**, literally means "forest bathing". Research has shown that coming into this fuller, sensory immersion with Nature is powerful medicine.

### Potential Health Benefits:

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

The trauma of sudden, unexpected loss can be overwhelming. Come into the beauty of Spring's brilliant green & flowing streams and experience how being in Nature using these practices has the potential to connect us to Resilience, as well as honor Loss.

**When:** Mondays, March 18, April 15, May 20. 10am-12:15 pm

**Where:** Sugarloaf Ridge State Park, 2605 Adobe Canyon Rd, Kenwood

**Investment:** FREE to those impacted by our Fires.

Sponsored by Healthcare Foundation of N. Sonoma County, with Parking fee waived by TeamSugarloaf/Sonoma Ecology Center.

***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:** [sugarloafpark.org/events](http://sugarloafpark.org/events)

For more info contact Susan at 707-938-3345 [susanklmft@gmail.com](mailto:susanklmft@gmail.com)