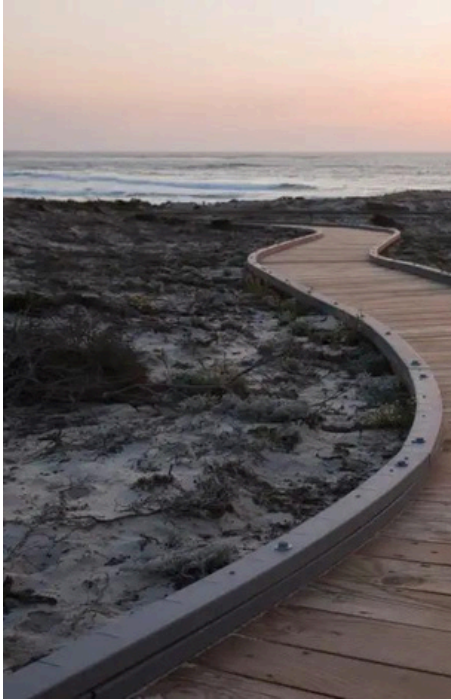


# NATURE THERAPY WALK

YOUR GUIDE TO A PEACEFUL DAY IN NATURE



## What to expect

Nature Therapy is a practice inspired from a Japanese practice called, "Shinrin Yoku" which literally translates to 'Forest Bathing'. Contrary to the name we will not be literally bathing in the forest, however, in a sense, we will be soaking in all of the facets of the forest through our 5 main senses.

Throughout the session we will engage in a series of invitations which help us find a way to connect with nature. "Invitations" are an opportunity to play and explore within nature, with no strict guidelines. This is an experience which allows you to interpret each invitation in a way that feels best for you and your needs.

This practice is very accessible and allows you the freedom to be creative and find peace and (hopefully) joy in nature in a way that feels comfortable to you. There are a lot of health benefits linked to this practice, so our hope is that you walk away also feeling relaxed and stress free.

To learn more about Nature and forest therapy and its benefits [visit this site](#).

## Contact person

Jenefer Rojas  
Call or Text: (301) 312 5716  
Email: [jrojas@ccof.org](mailto:jrojas@ccof.org)



Stewarding the Promise of Organic



## What to bring\*

- Comfortable shoes (preferably water proof)
- Warm layer
- Hat
- Rain Coat
- Beach Attire
- Small Back Pack or Bag
- Journal / Writing Utensil
- Yoga Matt or



*\*Highly recommend but not Required for participation*

## Where To Meet

### Asilomar Conference Grounds- The Circle

This is next to the BBQ area and fire pit  
(Pictured Left).

To access the full Asilomar Conference Grounds map visit this site:

<https://www.visitasilomar.com/media/822808/asilomar-grounds-map-20210611.pdf>

## When To Meet

Tuesday Walk: Meet up time is at **12:50 P.M.**

Wednesday Walk: Meet up time is at **6:50 A.M**

**Please be respectful of other participants in the group and arrive promptly**

## Weather

### Forecast for Tuesday May 16th:

A few passing clouds, otherwise generally sunny.  
High near 65F. Winds NW at 10 to 15 mph.

### Forecast for Wednesday May 17th:

Sunshine and clouds mixed. High 53F. Winds WNW at 10 to 15 mph.

**This session is rain or shine**