

FOREST BATHING

Enjoy restorative qualities of nature
Saturday May 30, 2020
Meet up at 3:30pm

with Heather Lee Farrell
*certified Forest and Nature Therapy Guide,
wilderness leader and lover of the land*

Rejuvenate Restore Immerse Experience



Join Heather on a later Saturday afternoon through early evening in a rejuvenating local forested green space! Immerse in your senses, connect with nature and practice a Forest Bathing class that ends with a local tea and some tasty snacks.

Curious, have questions OR want to sign up?
Contact Heather at: 505-514-4377 or drhlfarrell@gmail.com
Heatherleefarrell.com

Space is limited. Proceeds will go to Friends of the Sandias-to support volunteer trail maintenance