

FOREST BATHING

Enjoy restorative qualities of nature

November 22, 2020

1:30-3:30 pm

local green space, Albuquerque area

Nature and Forest Therapy Sessions



with certified Forest and
Nature Therapy Guide,
Heather Lee Farrell

Improve your health and wellness naturally

\$25+tax. Curious or have Questions: drhlfarrell@gmail.com

sign up and learn more at HighDesertYoga.com or Heatherleefarrell.com