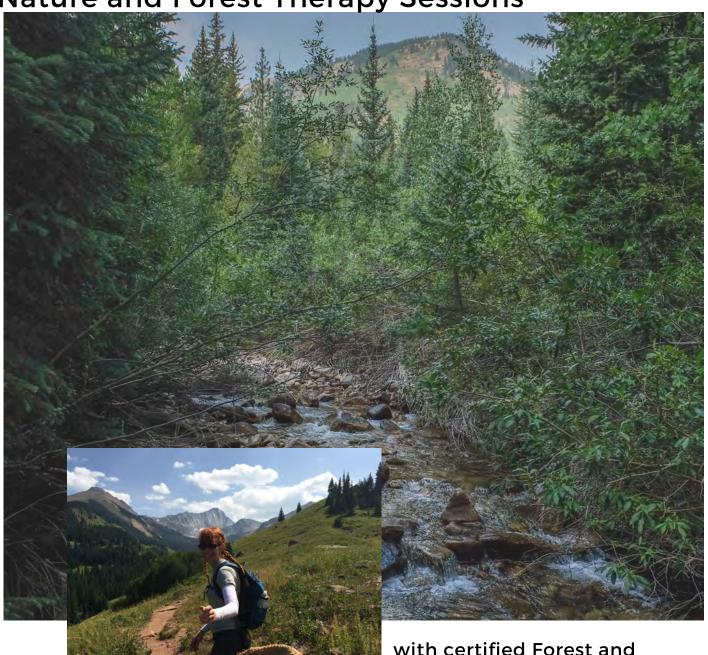
## FOREST BATHING

Enjoy restorative qualities of nature

April 26, 2020 11:00am - 1:00 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