



- ❖ *A slow paced, guided, walk*
- ❖ *Promotes slowing down our mind and body*
- ❖ *Sensory opening invitations, “activities” (kid friendly)*
- ❖ *Notice more of our natural surroundings*
- ❖ *Tea ceremony to complete the walk*

Let us wander in nature, deepening our roots, in the more than human world, together. I will be your guide, on a healthful, gentle walk, in nature, as a core practice for wellness.

Take in your surroundings through your senses. No need to think or analyze, just relax and let your natural sense of wonder take you away. Immerse yourself, “**allowing nature to nurture,**” deepening your connection to nature and self.

Natures invitation to DISCONNECT

This guided walk, “*wôkNnature,*” will boost your mental and physical being by reducing your stress levels, lowering your pulse and blood pressure, boosting your immune system and lifting you into a more positive you.

Your mind, body and spirit will thank you!

Shift your awareness away from the ordinary pre-occupations (thinking), open the power of your senses!

JOYn me and the trees:

Desiree, Restorative Guide

Nature and Forest Therapy Guide (in training)

Time to Self: 2 - 3 Hrs

Donations Accepted

Certified California Naturalist

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