

Nurtured By Nature: Chester Creek Forest Therapy Session

May 18, 2025

12:30 – 3:00 pm

\$35 per person

Pre-registration required



Slow down and allow the forest to soothe your mind, nourish your body, and rejuvenate your spirit. Forest Therapy (also known as Forest Bathing) is a gently guided practice that invites participants to engage their senses to foster wellbeing and deepen connections with the natural world, self, and others.

Certified Nature and Forest Therapy guide, Barbara Miron of Abundant Wellness will offer invitations that bridge the ordinary and sacred. This 2.5 hour facilitated outdoor experience will conclude with tea and light snacks.

Pre-registration and payment information can be found using this link:

<https://forms.gle/YpwRExhgETp7ShM88> or visit www.AbundantWellnessNaturally.com

Common benefits of Forest Therapy

- Increased sense of wellbeing & peace
- Reduced stress & anxiety
- Boost immune system
- Improved sleep
- Enhanced creativity
- Emotional regulation
- Clarity and so much more...

Testimonial

“It’s not a nature walk or a counseling session but rather an experience of a calming nature between yourself and creation. Great opportunity to leave the distractions and busyness of the world to connect with nature, myself, and God to restore my soul.” Alison

 **ABUNDANT WELLNESS**
Nature Based Therapies for Wholistic Health