



# SHINRIN YOKU – FOREST BATHING

## NATURE IMMERSION WALK

Explore your inner world in exploration of the natural world. The practice of Shinrin Yoku or Forest Bathing cultivates health and wellness and brings a sense of calm and rejuvenation. Opening our senses to nature develops our intuition and we learn to connect in new ways to the world around us and with our selves.



JOIN US FOR A FOREST BATHING WALK IN CANMORE  
CONNECT WITH SARA 403.609,8598 [SARAEVEALARIE.COM](http://SARAEVEALARIE.COM)

"Forget not that the earth delights to feel your bare feet and the winds long to play with your hair".

Khalil Gibran

