

# Forest Therapy

A nature immersion that revitalizes the mind, body and spirit.

## Join us

Saturday

**June 15, 2024**

10am-12pm

**\$15** RSVP by

June 10, 2024

**Location:**

TBD

**Contact:**

**Lisa McIntosh**  
**604.815.8814**

[Lisa.mcintosh@sscs.ca](mailto:Lisa.mcintosh@sscs.ca)

**SSCS.CA**



The practice of forest bathing began in Japan in the 80's as part of the national health programme. It has since gained popularity worldwide as an effective way to receive the health benefits of spending time in nature. This scientifically based practice engages the senses-sight, sound, smell, touch and taste, to quiet the busy mind, allowing the body to fully rest in the calming atmosphere of the forest.

*You will be guided by Monica Sander Burns.*

A certified Forest Therapy Guide and lead designer and facilitator of Nature Immersion experiences for Society of Trees. Monica has guided hundreds of participants in Forest Bathing experiences and is passionate about the ways in which human and ecosystem health arise together.

**Limited space so RSVP asap!**

Children's Services

38024 Fourth Avenue

Squamish, BC

604 892 5796 | [community@sscs.ca](mailto:community@sscs.ca)

