

Forest Bathing at Bluestem

Saturday, October 7

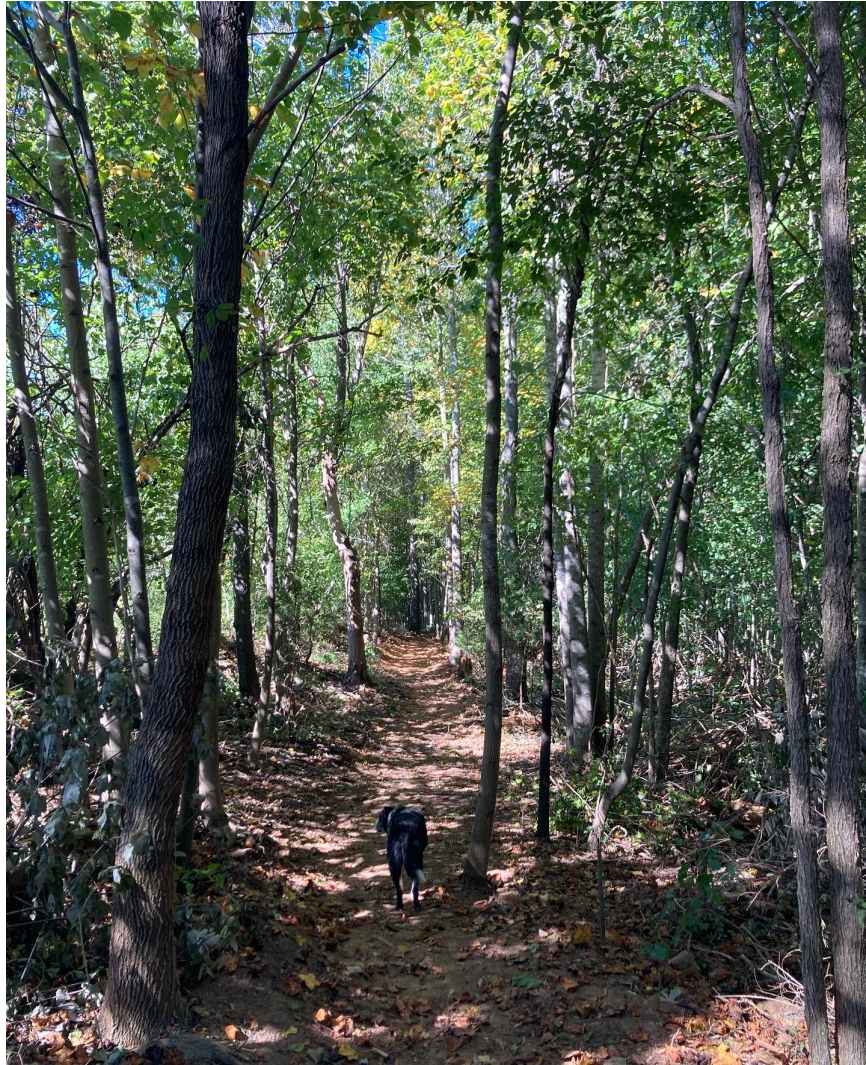
9am – 12pm

Registration required

Forest Bathing -- also known as ***shinrin-yoku*** -- broadly means taking in the forest atmosphere with all of your senses.

This Japanese practice, widely embraced throughout the world, is a conscious and contemplative immersion of the self, in the sights, sounds and smells of the forest. *Come forest with us.*





Forest Bathing Leader:

Aimee Vandemark LCSW and Certified Nature and Forest Therapy Guide. Learn more about Amy at [Forest Bathing NC](#).

For questions and to register:

aimeevandemarklcsw@gmail.com

Directions and instructions will be emailed ahead of time.

Consider bringing:

- Comfortable walking shoes, comfortable clothes, and rain gear
- Water bottle, bug repellent, sunscreen
- A light backpack and notebook
- Something to sit on such as a light camp chair, blanket, towel

