

# Forest Bathing Workshops for the BIPOC Community



"We invite you to wander,  
be curious, and be open to  
your childlike wonder and  
playfulness..."



Facilitator Misako Yamamoto (she/her),  
specializes in spirit & emotion-based imbalances  
working with women of color.

## Dates & Times

- Sunday, April 10th @ 2-4:30pm
- Sunday, May 8th @ 2-4:30pm
- Sunday, May 22nd @ 2-4:30pm
- Sunday, May 29th @ 2-4:30pm

## To register, visit

[www.columbiaslough.org/events](http://www.columbiaslough.org/events)  
or email:  
[Ryan.Banning@columbiaslough.org](mailto:Ryan.Banning@columbiaslough.org)

