



FOREST THERAPY

Workshop with Elizabeth Koch

July 30th
6 p.m. to 9 p.m.

August 17th
9 a.m. to 12 p.m.

September 7th
9 a.m. to 12 p.m.

October 19th
10 a.m. to 1 p.m.
Family Discount Day

November 16th
10 a.m. to 1 p.m.

December 14th
12 p.m. to 3 p.m.



The smell of western red cedar, the sounds of the wind and the crunch of maple leaves below your feet. Immerse yourself in nature and join us for a guided **Forest Therapy Workshop at Columbia Springs!**

Experience a series of slow, mindful activities designed to open and engage the senses and connect you with nature in a way that invites healing interactions.

This relaxing experience is hosted entirely outdoors, rain or shine. We will engage in a mile of slow walking on earthen trails and non-vigorous activity.

There is a \$30/person fee with the exception of Family Discount Day on October 19th. Registration is limited.

Location: Columbia Springs
12208 SE Evergreen Hwy, Vancouver, WA

Register and learn more at www.columbiasprings.org/workshops.

Columbia Springs is a non-profit natural area and education center that relies on the support of our community. Learn more at www.columbiasprings.org.