



FOREST THERAPY WORKSHOP

Hosted by certified
Forest Therapy Guide,
Elizabeth Koch

What will you notice when you relax your mind and connect with nature?

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 about a half mile of slow walking, and non-vigorous activity.

When: Saturday, August 18th, September 22nd,
and October 20th from 9:00-12:00 p.m.

Where: Columbia Springs Swift Classroom
12208 SE Evergreen Hwy, Vancouver, WA

Cost: \$30/person. Registration is limited to
15 people per workshop, so sign up soon!



Pre-registration is required. To learn more and register, visit:
www.columbiasprings.org/events

For questions, please call 360-882-0936 x222 or email volunteering@columbiasprings.org.