

FOREST BATHING

**RECONNECT. RECENTRE.
REMEMBER YOU BELONG.**

Forest bathing is the practice of immersing yourself in nature through slow, mindful movement and full sensory awareness. It invites you to wander slowly through a quiet patch of forest, tuning in to the sights, sounds, smells, and textures around you.

There's no goal — just presence.

As you connect with the natural world, stress melts away, and a sense of calm and clarity takes its place.

Let the forest hold you, awaken your senses, and restore your spirit.

July 23 at 6:30 pm

Rain Date: July 30

Gather at the Gazebo in the first parking lot of Voyageur Park.

Rev. Lisa Wojna 780-860-0313

Hosted by

St. George's Anglican Church

