Guided Forest Bathing is an opportunity to connect to Nature and experience the Chattahoochee Nature Center in a new way. During this gentle 2½ hour ramble, we will balance wandering with rest, facilitated group gatherings, and solo time. Your guide will offer invitations, or suggestions, for safely engaging with Nature through our senses: sight, hearing, touch, taste, smell. With no expectations or goals, this is an opportunity to slow down, unplug, destress, and practice presence in the moment. We quite literally “come to our senses” and deepen our connection to Nature, ourselves, and each other. Inspired by the Japanese practice of shinrin-yoku, which translates to “forest bathing,” this is a sensory immersion, a chance to soak in the therapeutic benefits of being present in Nature.

Led By: Kathryn Fidati, Certified Forest Therapy Guide through the Association of Nature and Forest Therapy (ANFT)

Friday, August 23, 2:00–4:30 p.m.
Chattahoochee Nature Center
9135 Willeo Road, Roswell, GA 30075

To participate in this class, please register at www.cscatlanta.org/calendar.