

The Practice of Forest Bathing

June 17, 2025

1:30-3:00pm MDT

A virtual introduction to the practise of forest bathing. This session includes a background information on forest bathing, a brief explanation of health benefits, an explanation of the practice, and a “mini virtual experience”, and an invitation to share with others.



Learning Outcomes:

- An understanding of the practices of forest bathing
- Some “take away” offerings to expand your own wellness toolbox
- Resources for future learning & reference

Speakers:

Nicole Wood, Registered Professional Forester, Certified Guide with the Association of Nature and Forest Therapy Guides, 250 HR Yoga Teacher, 17 years working with indigenous communities



Target Audience: All are welcome

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=22253>

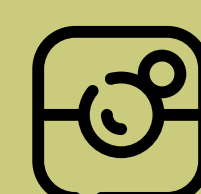
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To join via internet browser

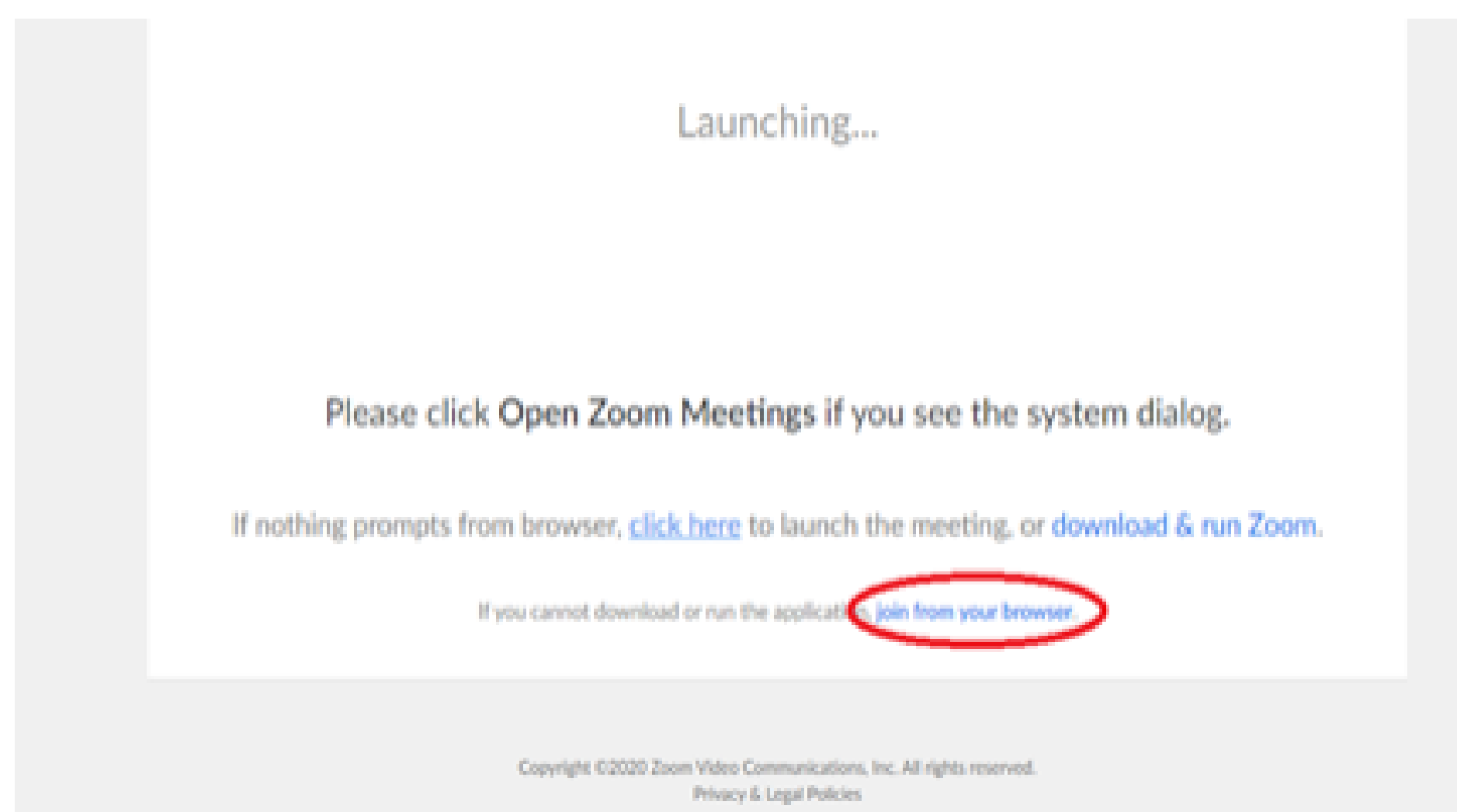
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