

Please join us for a  
**Forest Bathing walk at the beach**  
On Sunday, 14th of October from 2 - 4:30pm  
@ the North End of Medlands Beach



Hi! My name is Sarah Goldberg. I'm visiting the island from the U.S. & I'm a Forest Therapy Guide in training. I hope you can join us for an afternoon of nature and connection!



**“Let Nature In: Strengthen Your Wellbeing”**

is the theme for Mental Health Awareness Week.

There are many ways to experience nature...

Forest Bathing, as inspired by the Japanese practice of Shinrin Yoku, is one of them!

This will be a slow-paced, guided walk to engage and immerse our senses in this naturally healing environment, while exploring balance and connection in reciprocity with nature.

- Cost: \$20 (or Koba)
- Come as you are! No previous experience required
- Please RSVP98ijm or register your interest to receive updates and details on where to meet and what to bring!

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