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| friday, october 4th, 9-noonShinrin Yoku guided walkShinrin Yoku "Forest Bathing" has been practiced in Japan for over a decade & has been clinically proven to have a positive effect on our overall health. Come increase your NK (Natural Killer) cells while also slowing down & enjoying the beauty of the Bosque on this Forest Therapy walk guided by Sally Anderson. [www.shinrin-yoku.org/shinrin-yoku](http://www.shinrin-yoku.org/shinrin-yoku)Sally is a veteran educator who founded Soulful Outdoor Learning, or SOL, in 2017. She currently works full time as the Director & Lead Educator of Sol Forest School, a program for “Treeschoolers” ages 3-7 years old. She also works as an Educational Consultant for Albuquerque’s Parks & Recreation, as an Instructor at Prescott College & offers regular Shinrin Yoku forest therapy walks to the public. She lives in Tijeras but enjoys frequent wanderings amongst the tall Cottonwood Trees along the Rio Grande. | Details:**9-noon** **Meet at the Pueblo Montano picnic tables at 8:50 am.**Wear walking shoes & bring a water bottle & sun hat / lotion.-Limited to 20 participants-RSVP via text to #259.2133 by Wed 10/2.────*This is a private, catered walk for the staff of the Albuquerque Parks & Recreation department. Come with an open mind ready to experience the Natural World in a whole new & reinvigorating way!*────Image may contain: fruit*Sally Anderson* #505.259.2133 www.solforestschool.comhttps://www.facebook.com/soulfuloutdoorlearning/────Image may contain: 1 person, smiling, tree, grass, outdoor, close-up and nature |