



# Forest Therapy

in the courtyard

Experience a morning among the trees and flowers of the beautiful courtyard at The Well. Reconnect with nature during this slow invitational walk led by a Certified Forest Therapy Guide. Forest Therapy recognizes that sensory experiences in nature are essential to the well-being of the human mind, body and spirit. The walk is not about the destination, but about the awakening of your senses to the natural environment around you. We will conclude with a tea gathering.

**Saturday, May 17**

**10 am – 12 pm CT**

Cost: \$25

Facilitated by Maura Neuffer

In-Person at The Well Spirituality Center

1515 W. OGDEN AVE LAGRANGE PARK, IL 60526 | 708-482-5048



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