

In an unhurried way, allow your feet to wander.

This is not about exercise.

It is not about hurry.

It is about being alive in all your senses
and trusting that the forest,
and other lands where you wander, have
something good to share with you.

Forest Therapy Walk

Led by ANFT Forest Therapy Guides-in-training

 **SAVE THE DATE!**

Thursday 2 May 2019
9:15am-12noon
Free Public Walk

**At Morris Island Conservation Area, on
the Ottawa River near Fitzroy Harbour.**

We ask you to PRE-REGISTER:

info@ecowellness.com



"I had permission and time to observe and become part of the place – the sights, smells, sounds, touch and tastes saturated my core. I felt like I was taking in Forest Medicine." — Previous walk participant



You carry a forest inside you.