NATURE NURTURES 2021

Workshop:
Nature Therapy • Forest Bathing

Led by:
Ted Martello
Baltimore City Recreation & Parks • TreeBaltimore • Association for Nature and Forest Therapy

Take a guided, outdoor walk to relax, relieve stress, and connect with nature in Baltimore City.

June 19 | 6 - 7:30 pm
@ Stillmeadow PeacePark*

REGISTER FOR 6/19

June 23 | 6 - 7:30 pm
@ Fairwood Forest*

REGISTER FOR 6/23

Space is limited, so sign up ASAP!

* [These sessions are IN-PERSON and OUTDOORS! All COVID-19 safety protocols will be followed.]
Workshop Summary:

Join us for a nature therapy walk to relax, destress, and connect with nature through Baltimore City's Recreation & Parks Department.

Forest bathing, or nature therapy, is a slow, gentle walk in a forest or other natural environment. Guided by invitations to connect with nature through one of the senses, participants find themselves immersed in the chosen natural environment and will draw from this their own unique experience. There are opportunities to share with the group what each is noticing in themselves or their environment. At the end, tea is made from plants in the forest and served during a closing ceremony.

A more detailed description for any nature therapy walk can be found here:

Nature Nurtures 2021: Workshop Series

Learn more about Nature Nurtures and sign up for additional workshops here:

Questions? Contact Anika Richter at anika.richter@baltimorecity.gov