

FOREST BATHING

Saturday, May 5, 10am – 12pm

Sunday, September 9, Noon - 2pm

Fee: \$20 per person per session (Limit: 12 people)

Pre-registration at www.somersetcountyparks.org or calling 908 722-1200 ext. 5721.



The Japanese practice of Shinrin-yoku, which translates as “forest bathing” is intended to help foster a connection with nature that feeds mind, body, and spirit. Join *Off The Grid Yoga* instructor Lauren Theis for a forest bathing experience at Colonial Park Gardens. The experience will include an easy, slow hike through the gardens and arboretum, and a very gentle yoga session, suitable for both beginners and experienced practitioners. It will also include mediation and centering sessions intended to encourage the nurturing qualities of being present within nature. Participants are encouraged to bring a small blanket or towel to sit on, water, and suitable shoes for walking. Please meet at the entrance of the Colonial Park Rose Garden, Lot A.

Colonial Park Gardens

Parking Lot A

156 Mettlers Road, Somerset



www.facebook.com/colonialparkSCPC

If you have individualized needs due to a disability, please call the Therapeutic Recreation Department at 908 526-5650 and we will be happy to arrange reasonable accommodations. Three weeks notice is required to ensure that appropriate accommodations can be provided.

www.somersetcountyparks.org



Somerset County
Park Commission