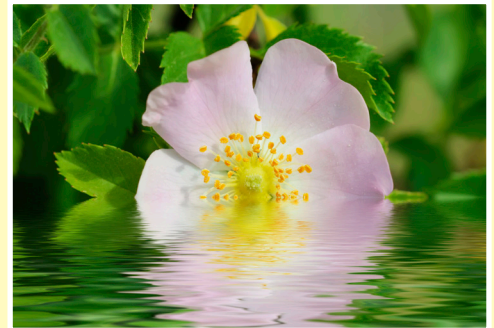


FOREST BATHING

Sunday, May 19, Saturday, July 20, and September 7, 2019 12 - 2pm

Fee: \$25 per person per session (Limit: 12 people)

Pre-registration and payment received by May 13, July 15, and September 3 is required by visiting 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 yoga instructor Megan Soucy for a forest bathing experience at Colonial Park Gardens. The experience will include an easy, slow hike through the gardens and arboretum. It will also include meditation 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, Parking Lot A.



Somerset County
Park Commission

COLONIAL PARK GARDENS, Parking Lot A
156 Mettlers Road, Somerset
908 722-1200 ext. 5721

www.facebook.com/colonialparkSCPC

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