

## **Mindfulness & Resiliency Remotely Guided Nature and Forest Therapy Walks Root ~ Remember ~ Relate ~ Restore ~ Reciprocity ~ Rewild**

Slow down and tune into your senses through a series of eight remotely guided Nature and Forest Therapy walks. Discover your own inner landscape while exploring the outer landscape of your own “nearby nature” or Forest unit. Connecting to the land and connecting to each other are core to our mission and values in the Forest Service. Each walk is a sequence of guided invitations that will awaken your senses, reconnect you to diverse ways of knowing, support tending and sustaining relationships, create space, develop deep listening, excite your inner child, and much more. Nature and Forest Therapy provides many health benefits including reduced stress, increased immunity, improved mood, improved sleep, supports the parasympathetic nervous system to “rest and digest,” improves heart rate variability, increases focus, boosts creativity, and helps us repair relationships with ourselves, each other, and the public lands we manage. We invite you to join us on this journey of caring for yourself and the land as we spring into summer.

### **Participant Testimonials:**

“Take the step and unwrap the gift the nature walk has for you – it’s been waiting for a long time. I invite you to take the first step on the walk. It’s a walk, not a run. You are welcome!”

“I recommend the experience, as this feeling of sensory connection is more difficult to attain without the essence of being guided into this connection.”

“It is grounding, I feel relaxed, self-assured, and inspired.”

“If you find yourself wanting to clear your headspace, wanting to feel more in tune with nature and yourself, or simply wanting a break – this is a wonderful experience, and you will more than likely find a benefit in the exercises.”

“Enter with an open mind, and use an outdoor space you already know how to navigate and feel comfortable in. Try and find a more secluded area if possible so you can immerse yourself in the mental space that your guide is trying to create for you. Not very much like traditional therapy, which was actually very nice and refreshing.”

“The Forest Therapy walk led by Daisy Morgan was a dreamy experience. We received an informative and educational background on the history of forest therapy, as well as cultural connections which enriched the experience and expanded the perspective of the walk. I felt absolutely rejuvenated after the walk; I felt more connected to my peers and my environment. The walk gives you a deeper appreciation for yourself, your body, and the land around you in the present and past. I highly recommend participating on a walk, and I hope I get to experience another one in the future. Thank you, Daisy!”

Please see the attached schedule with how to sign up, if you feel this will support you. ☺

### **Spring into Summer Series (Pick a Wednesday that works for you)**

**Dates:** Wednesdays May 25 – July 27, 2022 (1.5 hrs. each Wednesday, no sessions on 6/29 and 7/6; logistics/pre-series meeting on 5/18)

**Time:** 9:30 a.m. – 11:00 a.m. Alaska (AKDT)

10:30 a.m. - 12:00 p.m. Pacific (PDT)

11:30 a.m. - 1:00 p.m. Mountain (MDT)

12:30 p.m. - 2:00 p.m. Central (CDT)

1:30 p.m. - 3:00 p.m. Eastern (EDT) & Atlantic Standard (AST)

**We will accept registration until Friday May 13, 2022.** Please email Daisy Morgan: [kristina.morgan@usda.gov](mailto:kristina.morgan@usda.gov) to be placed on a mailing list and to receive access to materials and communication during the course.

**REQUIRED:** Add this training manually to your individual development plan (IDP) as a goal.

**Type of Session:** Conference Call through Teams (More information will be provided at sign-up)

**Hosted By:** Daisy Morgan, Certified Nature and Forest Therapy Guide and Southwestern Regional Volunteer and Service Program Manager