

# “Unity with Nature” Forest Bathing and Wildflower Walk

Friends Wilderness Center

305 Friends Way, Harpers Ferry, West Virginia

Saturday, April 18, 10am to 3pm



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**10 am – 12 am Forest Bathing  
(First Session)**

**(Lunch Break)**

**1 pm – 3 pm Forest Bathing  
(Second Session)**

**1 pm – 3 pm Optional Wildflower Walk**

**Forest Bathing** invites you to slow down, listen, and let the forest hold your attention. Guided pauses, gentle walking, and quiet reflection help you reconnect with your senses and the living landscape.

A guided forest therapy walk typically lasts around two hours and covers about a half mile. A guide leads the group through a series of invitations: first designed to heighten one’s five senses, then to slow down and keenly observe, followed by a few invitations tailored to the group or surroundings. After each invitation there is an opportunity to share among the group realizing that silence is a form of sharing.

Enjoy your lunch in community before or after your forest bathing session. Tea, water, and some snacks will be available to share.

**Sponsored by the Baltimore Yearly Meeting Unity with Nature Committee**

To register, go to: <https://www.zeffy.com/en-US/ticketing/unity-with-nature-forest-bathing>