



"A truly relaxing and enlightening experience to get you in touch with your soul and roots."

-Nick, Wilmington, DE

FOREST THERAPY / BATHING SESSIONS

Want to create a close connection to nature? Nurture your nature with a Forest Therapy / Bathing session enhanced with writing and art Journaling your experience!

Come for a custom guided, quiet walk in nature, pausing to use all of your senses to bring present moment peace and calm into your life. Memories are recorded by YOU as you begin a unique Heart-Scape Memory Journal of your journey.

You are invited to take a creative "heart" pause to connect to your heart and the heart of nature. Take home a peace filled heart-smile from your nature walk and inner journey.





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BENEFITS OF FOREST THERAPY / BATHING

Research around the world is casting light on how spending time outdoors, and specifically in forests, makes us healthier.

Below is a list of holistic health benefits:

- Boosted immunity (increase in natural killer (NK) cells and anticancer proteins)
- Reduced stress
- Reduced inflammation
- Improved mood
- Improved mental health (reduced anxiety and depression, improved self-esteem)
- Lowered blood pressure and heart rate
- Improved sleep
- Deactivated sympathetic nervous system (fight or flight)
- Activated parasympathetic nervous system (rest and digest)
- Regulated blood sugar
- Improved concentration and short-term memory
- Increased creativity
- Fostered understanding of interdependence
- Increased feeling of social connection and empathy
- Improved spiritual well-being

MOST OF ALL:

Folks enjoy being in nature, seeing beauty, finding new things each and every visit! It's FUN!





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General Session details:

Custom Scheduled per your needs

Time: 9AM to 12:30 (3.5 hours)

Where: Local nature conservancy, Delaware Valley, PA, Chadds Ford, PA to North Delaware, customized at time of sign up.

Requirements: Adults, 18 and up

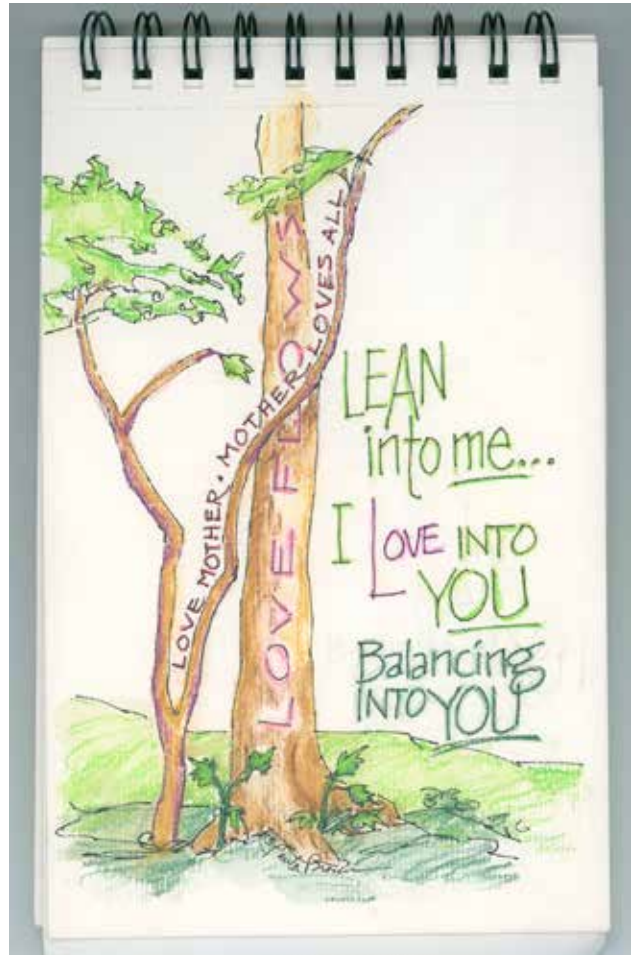
Material list provided upon sign up. Fee: (pre-paid, PayPal Invoice upon sign up)

One to two people: \$125.

3-6 people (min 3 people, max 6 people): \$60. Per person.

Email me for more info and to set up session:

paula@paulabrowncreative.com





FOREST THERAPY / BATHING SESSIONS



IN JOY nature inside and out by letting me be your Forest Therapy Guide. Put your experience into words and journal sketching to remember the beauty and feelings you experience. Experience a direct connection with nature, calm your spirit, mind and body.

Please connect up to reconnect soul to soul to nature's beauty:

paula@paulabrowncreative.com

Remember your story with art, and let your soul story shine bright!