

Mindfulness & Resiliency Series

Forest Therapy

The relationship between humans and the more-than-human world is where the healing happens.

The Extraordinary in the Ordinary

An invitation to go out in nature with no agenda from time to time. Forest Therapy is a pathway to personal health and wellbeing, as well as towards pro-environmental and pro-social change at a societal level. In its most basic form, Forest Therapy mobilizes the human body's innate affinity for natural environments to restore healthy physiological functions.



Presented by:
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 Mindfulness and Resiliency
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Date: October 16, 2019

Time:

- 9:00 a.m. - 10:00 a.m. Alaska (AKDT)
- 10:00 a.m. - 11:00 a.m. Pacific (PDT)
- 11:00 a.m. - 12:00 p.m. Mountain (MDT)
- 12:00 p.m. - 1:00 p.m. Central (CDT)
- 1:00 p.m. - 2:00 p.m. Eastern (EDT) & Atlantic Standard (AST)

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Mindfulness

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