

## Forest Bathing Walks – Wellness in the Woods (Ann & Sandy Cross Conservation Area)



PRESENTED BY

**Christine Jenik**

SERIES SESSIONS

Date	Time
June 01, 2024	1:00 PM – 3:30 PM



LOCATION

**Ann & Sandy Cross Conservation Area – 20  
194001 160 St W**

FEE

**\$35.00**

QUESTIONS?

Contact Us:

[crc-register@arpc.ab.ca](mailto:crc-register@arpc.ab.ca)[403-291-0967](tel:403-291-0967)

REGISTER ONLINE

Visit our website to register:

[crcpd.ab.ca](http://crcpd.ab.ca)

### Program

Target audience: Pre-k to Gr 12 teachers, instructional leaders, pre-service teachers, support staff, parents, administrators, guidance counsellors and partners are encouraged to attend.

You may remember how good you feel after being in nature. The rhythmic rustle of leaves, the scents of the forest, the sounds of bird songs echoing or the feel of fresh air – these give us a sense of calm and comfort.

Being in nature can ease our stress and help us to relax, become more present and feel reconnected with ourselves and the land.

Join a certified Forest Therapy Guide to experience the health benefits of being in nature on a 2.5 hour forest bathing walk. Inspired by the Japanese practice of shinrin-yoku (which translates to "forest bathing"), the practice encourages our bodies and minds to slow down, disconnect from the stressors of our modern lives, and deepen our connections with the natural world. In doing so, we open the door to the healing properties of forests and other natural areas. Alongside the health benefits, these experiences can also support a sense of stewardship and conservation for the land and waters we all depend on.

Give yourself the gift of time and wellness in nature and join us on a Forest Bathing walk.

### ***What is Forest Bathing?***

*Since the 1980s, a great deal of research has come from Japan and other parts of the world indicating that guided forest bathing experiences can offer a broad spectrum of health benefits to humans. Guided forest bathing walks can help support*

*emotional wellness, reduce stress, improve sleep and immune system functioning, increase ability to focus and help with mood and depression.*

*Nature has a purpose in learning, development, and in building a sense of place in the world. This practice offers a gentle way to help calm the nervous system, boost immunity, and reset our minds and bodies.*

*The very 'nature' of these activities help to promote an overall sense of well being supporting what research continues to demonstrate - spending time in nature is good for us.*

*Join certified Forest Therapy Guide Christine Jenik to experience the health benefits of a forest bathing experience. We are guides, not therapists. We believe that nature is inherently therapeutic; our role is to help people connect with nature so that they can reap the many benefits.*

*All guides are certified by the [Association of Nature and Forest Therapy](#)*

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## Presenters

### Christine Jenik

Christine recently retired from the Calgary Board of Education, where she enjoyed working as a classroom teacher, physed/outdoor ed specialist and school administrator for over 34 years.

Through her experiences of running outdoor environmental programs, developing curriculum, facilitating professional development opportunities for teachers and schools and since retiring, becoming a certified Forest Therapy Guide, Christine has witnessed how nature continuously provides learning, inspiration and support.

Facilitating experiences that foster deeper connections with nature and enrich the well-being of others continues to be a privilege and passion.

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## Registration Notes

[Link](#) to google map

\*This lot requires a \$10 parking fee – Fee for one day use of the ASCCA visitor lot. The ASCCA is a registered charitable organization and all proceeds support habitat conservation and help us to maintain our trails.



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