Forest Bathing Retreat: Exploring the Power of Nature for Greater Authenticity, Clarity, and Resilience

9:00 am to noon at Bowman’s Hill Wildflower Preserve and 1:30 to 4:00 pm at Cloud Cover Cottage, New Hope, PA

Saturday, November 14, 2020

Are you seeking space and time to reflect on what matters most?
Are you drawn to nature and mindfulness practices to help you gain greater calm and clarity?
Are facing life transitions and want support?

Slow down and immerse yourself in the company of trees with the Japanese practice of forest bathing, shinrin-yoku, ‘taking in the forest atmosphere’ as a way to mindfully and deeply connect with the natural environment. This day-long retreat combines immersion in forest-bathing and reflection, using the Courage & Renewal Approach to explore issues of transition, vocation, life passion, purpose, meaning, direction, aging, relationships, and underlying life patterns, to live in greater alignment with your deepest values and the courage to act with integrity and authenticity.

The morning session is at Bowman’s Hill Wildflower Preserve, located in Bucks county, Pennsylvania’s historic Pidcock Creek Valley. The Preserve is the United States’ only living museum specifically devoted to native plants.

The afternoon at Cloud Cover Cottage, a charming renovated barn and private residence located 3.2 miles from the Preserve, to reflect with poetry, prose, and journaling on the forest bathing experience. Afternoon refreshments will be served.

What’s included:

- Retreat design and facilitation, using the Courage & Renewal Approach
- Forest Bathing instructions and guidance
- All materials, including resources and reading list
- Afternoon refreshments at Cloud Cover Cottage
- Entrance fee into Bowman’s Hill Wildflower Preserve

Register: www.leadsmartcoaching.com/events