



The term Forest Bathing originated in Japan in the 1980s as a nature exercise called *shinrin-yoku* (taking in the forest) to help healing caused from day to day burnout. Forest Bathing invites you to take in all that the woods offers - so that you may rebalance and refresh your body, mind, and soul.

We are very excited to offer Forest Bathing as a hiking choice to our S.A. members. Kathleen Donabauer is a certified Forest Bathing guide and will host 6 meet-up hikes this year and will offer 2 more extensive Forest Bathing Gatherings. (Please check out our Forest Bathing Gatherings offerings and register for a day-long experience with Kathleen!)

Hiking Guide for ALL Hikes truenaturemn@gmail.com

Registration for ALL Hikes: [REGISTER HERE](#)

JANUARY 22nd at 1:00 pm.

Lunar New Year Hike: Quarry Park - 1802 Co Rd 137, Waite Park, MN 56387

Hiking Level:  **Estimated Time:** 1-2 hr. **Miles:** 1-3 to be adjusted as the experience unfolds

MARCH 19th at 1:00pm

Spring Equinox: St John's Arboretum - 32011 St John's Rd, St Joseph, MN 56374

Hiking Level:  **Estimated Time:** 1-2 hr. **Miles:** 1-3 to be adjusted as the experience unfolds

APRIL 30th at 1:00 pm

Beltane Hike: Rockville County Park - 11503 Glacier Road St. Cloud, MN 56301, St Cloud, MN

Hiking Level:  **Estimated Time:** 1-2 hr. **Miles:** 1-3 to be adjusted as the experience unfolds

AUGUST 30th at 7:00 pm (time may be adjusted)

Blue Supermoon Night Hike: Sherburne NWR - 17076 293rd Ave NW, Zimmerman, MN 55398

Hiking Level:  **Estimated Time:** 1-2 hr. **Miles:** 1-3 to be adjusted as the experience unfolds

SEPTEMBER 23rd at 1:00 pm

Autumn Equinox: St John's Arboretum - 32011 St John's Rd, St Joseph, MN 56374

Hiking Level:  **Estimated Time:** 1-2 hr. **Miles:** 1-3 to be adjusted as the experience unfolds

OCTOBER 28th at 1:00 pm

Samhain Hike: TBD Please Check Back

Hiking Level: **Estimated Time:** . **Miles:**