

Nature Therapy Walks

RECONNECT WITH NATURE & WITH YOURSELF

Based on the Japanese concept of "forest bathing" via the Forest Therapy protocol, these guided walks invite us to **connect with nature and with ourselves, using all of our senses, to promote physical and emotional healing.** This makes Forest Therapy a powerful tool in your therapeutic journey.



Georgia Bromehead, MS is a **seasoned Forest Therapy Guide** through the Association of Nature and Forest Therapy, as well as a **Psychotherapist** at Hazel House Holistic Healing. She offers **trauma-informed nature connection walks** at local parks. Georgia will collaborate with your therapist before and after the walk in service of full holistic care.

To register: Contact Healing@HazelHouse.net or 615-499-3062
\$125 per hour (full 60 minutes) - 2-hour minimum
Need-based sliding scale/payment plans available
Year-round

