



LI Forest Walks Winter Edition

WINTER IS A TIME OF DEEP REST IN PREPARATION FOR SPRINGING FORTH

WHERE ARE WE WALKING?

To really know a place is to experience it in all seasons; not just the warm, sunny days but those days in which there's a chill in the air or freshly-fallen snow on the ground. Imagine being the first to leave your footprints in the snow or what it feels like to hold a cup of hot, pine needle tea ...

Imagine even more; that your relationship with each season is informed by the forest's relationship with each passing season.

Winter inspires people in different ways. For some, it's a love of the cold and glistening, newly-fallen snow. For others, it's a time to hibernate and rest; to reconsider and reinvent. It's a quiet time in a preserve or forest, and yet, a time when every sound can be heard. Winter can also evoke a sense of grief and loss, which is a natural part of life. A Winter Forest Walk includes invitations that speak to what's personal for each person on the walk with time to explore how Winter informs their actions. Winter walks take place in January and February.

Spring signals an awakening and new growth. The increase in sunlight increases bird song so the forests and preserves are alive with sound. The increase in sunlight activates us, too. We are still connected to the sun as a symbol of strength, warmth and regeneration. A Spring Forest Walk includes invitations that create rebirth as an exploration of what's possible after a long, cold winter in our lives. Spring can also evoke

a sense of grief and loss. Spring creates opportunity to let go of things we've been holding onto or be mindful about how we hold onto them. Spring walks take place in April and May.

Summer is all about longer days, warmer temperatures and full blooms. A Summer Forest Walk includes invitations that create a full expression of what it means to live life fully engaged and expressed; how we bloom when we create optimal conditions in our own lives. Water invitations make a Summer Forest Walk a very special experience. A Summer Forest Walk takes place in July and August.

Autumn is always about Fall colors and leaves. We notice days getting shorter; what have we realized over the summer and what is still ours to create? Invitations include the pushing off of leaves (because leaves don't really fall; they are pushed off by the tree), and how leaves inform our own actions. Autumn walks take place October and November.

Follow a Walk for All Season:
<http://www.liforestwalks.com/events>

JANUARY

Wednesday, January 17, 7-8:30PM
Informational Talk at Bailey Arboretum,
Lattingtown, NY

Saturday, January 20, 12-3 PM, Trustom
Wildlife Refuge, South Kingstown, RI

FEBRUARY

Saturday, February 17th, A Walk for All
Seasons, Winter 10AM-1 PM Bailey
Arboretum, Lattingtown, NY

Sunday, February 18th, A Walk for All
Seasons, Winter 12-3 PM Gardiner Park,
Bayshore, NY



WELCOMING OUR NEW RELATIONSHIPS

A big welcome to:

TENWOMENSTRONG

WELL HEALING ARTS CENTER

BALIEY ARBORETUM

LI Forest Walks is always inviting new relationships with:

- Universities
- County Government
- Corporate Organizations
- Arboretums
- Wildlife Preserves & Refuges
- Retreat Centers
- Other coaches & facilitators of workshops and retreats

THE BENEFITS OF FOREST THERAPY

Forest Therapy is a research-based framework for supporting healing and wellness through immersion in forests and other natural environments. Forest Bathing or Forest Therapy originated as Shinrin-Yoku, or 森林浴 - the Japanese characters translate to forest and woods and taking them all in. It's not about distance or endurance. It's about slowing down and noticing; being mindful and connecting.

Health benefits of regular forest therapy* immersion may include:

- Boosted immune system functioning, with an increase in the count of the body's Natural Killer (NK) cells.
- Reduced blood pressure
- Reduced stress
- Improved mood
- Increased ability to focus, even in children with ADHD
- Accelerated recovery from surgery or illness
- Increased energy level
- Improved sleep
- Deeper and clearer intuition
- Increased flow of energy
- Increased capacity to communicate with the land and its species
- Increased flow of Eros/life force
- Deepening of friendships
- Overall increase in sense of happiness

Expect a public forest walk to last about 3 hours along gentle trails or less-traveled paths.

WHAT TYPE OF WALKS CAN I LOOK FORWARD TO?

- **Public Walks:** Public walks are scheduled monthly, usually on weekends. Linda is hoping to add weekday walks soon! Check the events calendar at LI Forest Walks for more information or join our Meet Up group at <https://www.meetup.com/Shinrin-yoku-Into-the-Woods-for-your-Health-and-Wellbeing/>
- **Private, Coaching Walks:** A private forest walk is for the coaching client who wants the deeper experience of the forest's wisdom. The go-minute walk is tailored to the client's agenda and needs and is best incorporated with regular monthly coaching calls. This extraordinary experience is for local Long Island coaching clients only.
- **Family Walks:** Take the entire family on a forest walk! Up to 12 family members on their own forest walk with specific intentions just for you!
- **Corporate Walks:** Your employees will thank you for this corporate event that combines a forest walk with team building, systems thinking and individual accountability for your organization's bigger picture and bottom line. It's a great stress reducer, too! Corporate walks are typically 2.5 hours in length and take place at an arboretum. customized for added impact and value.

A SACRED ACTIVISM

We care about what's personal to us. When something stops being personal, we often stop caring. We only have so much time, attention, money, etc. It's a challenge to have to care about everything, so we choose what's personal.

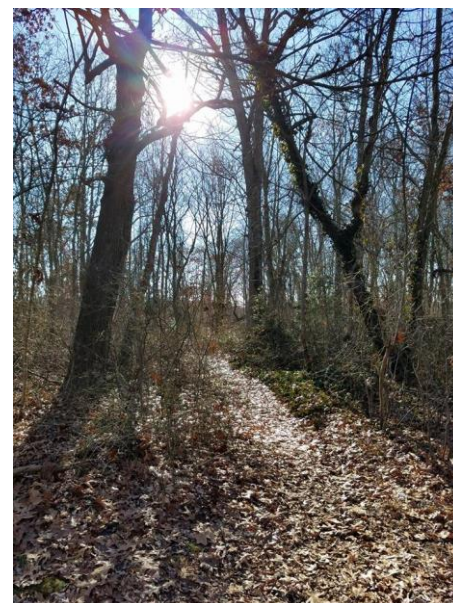
It is the sacred activism of LI Forest Walks to make nature personal ... maybe for the first time; maybe again for those who lost the relationship. We are stewards of this planet and all living things; it's said that the planet will go on without humans and it's probably true. It would be a beautiful love story to know that the planet continued on *because of* Humans rather than *in spite of* us.

NOT NEAR LONG ISLAND, NY?

Well, Linda loves to travel. Just ask.

There is also a comprehensive guide map at <http://www.natureandforesttherapy.org/find-a-guide.html>

Until next time, I hope you'll head out and take a walk in the forest, talk to a tree, notice what's in the silence. The forest has your back.



Contact Linda at linda@liforestwalks.com or 516-238-0059.