

Forest Bathing Information and Registration Form

One form per AMNC member (adults only)!

Step into nature, take a deep breath of fresh forest air and let your body relax. A park interpreter will show you ways to awaken your senses and experience the Japanese practice of forest bathing in this urban park oasis.

Join Lisa Ferris, Park Interpretation Leader, Regional Parks, East Area for a 2-hour Forest Bathing workshop from 10 am until 12 pm on June 22 in Aldergrove Regional Park. Cost per AMNC member is \$10.00. This program is only available for current members.

We will meet Lisa 15 minutes before our program start time at the kiosk/washroom building off the Main Entrance - 8th Avenue. Drive past the Picnic Shelter, over the bridge and turn right.

It is recommended everyone wear comfortable walking shoes, and clothing suitable for the weather. Part of the program will involve sitting in place. Please bring your own foam pads or a small stool (not large chair!) to sit on. If you need Lisa to provide you with either, please indicate on the form below.

Other details:

1. As we need to cover the cost of the program, we can only provide a refund if we have another person on the wait list to take your place.
2. Please let me know as soon as possible if you are no longer able to attend.
3. Registration closes by June 14, 2024.

Contact: Quirien Mulder ten Kate E-mail: gmuldertenkate@gmail.com Cell: 604-807-9094



Registration form:

Name (Print clearly): _____

Email address: _____

Contact phone number (cell phone # if possible): _____

Need a foam pad provided by Lisa (circle one) Yes NO

Need a small chair provided by Lisa (circle one) YES NO

Attached (circle one): \$10.00 cash or \$10 check payable to Abbotsford Mission Nature Club

Give form and payment to Quirien at a meeting or mail to 417-2120 Gladwin Road, Abbotsford, BC, V2S 0L7