



Mindfulness Among the Wildflowers

Forest Therapy Walk at Bowman's Hill Wildflower Preserve

One Day Tour ~ Wednesday, May 11, 2022

The treasures of Spring are popping up all around us, so why not put your worries aside and try something new, something that leaves you feeling refreshed, relaxed and restored. During our peaceful, forest therapy walk at the beautiful Bowman's Hill Wildlife Preserve in the heart of Bucks County, PA, we'll enjoy the serenity of nature by connecting with the world that surrounds us in a way you never experienced before. Forest Therapy is inspired by the Japanese practice of "shinrin yoku" which translates to "forest bathing". This is a gentle practice that involves moving very slowly and mindfully through nature, soaking it in with all our senses. Although our time outside in nature seems extensive, we walk no more than a quarter mile distance. So leave those hiking boots at home! Our guide who earned a certificate in horticultural therapy will lead us through the ecologically diverse landscapes of the preserve helping us have the experience of being more present, awake, and peaceful amidst the quiet rhythm of nature. Studies have demonstrated a wide array of health benefits from these practices, especially in the cardiovascular and immune systems and for stabilizing and improving mood and cognition. After our walk and special surprise, we will enjoy a delicious, included lunch at nearby Bowman's Tavern. Practice your mindfulness while strolling in eclectic, downtown New Hope where you'll have time to wander and take in the scenic sights for a leisurely afternoon.



Bowman's Wildflower Preserve

Departs from Ridgewood's Graydon Pool at the corner of Linwood Ave & Northern Pkwy at 7:30 AM and returns at approximately 6:30 PM.

Departs from Chatham Middle School at 480 Main Street, at 8:15 AM and returns at approximately 5:45 PM.

Departs South Plainfield High School at the end of Lane Avenue, at 9:00 AM and returns at approximately 5:15 PM.

Cars may be parked at all locations at your own risk.

No reservations accepted without a payment of \$185 per person. Make checks payable to "Group Tours & Travel" and mail to the above address. A full refund will be granted if canceled prior April 11, 2022. No refund will be granted on a cancellation that occurs after April 11, 2022. Group Tours is not responsible for any delays, cancellations, injuries or circumstances beyond its control and reserves the right to change this itinerary. All trip components are subject to change in accordance with Government, State, and Local guidelines and/or mandates. This tour will run rain or shine. For a more complete list of tours and pictures, visit our website: grouptoursandtravel.com

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Please reserve ____ seat(s). The enclosed check is for \$_____ #3236

Name(s): _____ Phone: _____

Address: _____ Zip Code _____

I will depart from South Plainfield _____ from Chatham _____ from Ridgewood _____

Email confirmation of registration: _____