



ALBUQUERQUE  
ZEN CENTER

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# SHINRIN-YOKU



**NEXT GUIDED  
WALK**

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**TUESDAY JAN 8TH**

**7:45AM**

**MEET AT AZC**

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**RSVPS ONLY**

**OFFICEAZC@GMAIL.COM**

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**CARPOOLING, DETAILS  
PROVIDED AFTER RSVP**

**\$5-10 DONATION**

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## **ENTER THE DEEP SILENCE OF FOREST BATHING**

Shinrin-yoku is like a bridge. By opening our five senses, it bridges the gap between us and the natural world. The walks are slow and do not have a destination. We gather together to disconnect from our screens, activate healing, and reconnect to absolute mind.

**ALBUQUERQUE ZEN CENTER**

**2300 Garfield St 87106**