



ALBUQUERQUE
ZEN CENTER

SHINRIN-YOKU

FOREST BATHING IN THE BOSQUE



NEXT GUIDED WALK

SUNDAY
DECEMBER 15TH
9:00AM TO NOON
MEET AT AZC

\$15 DONATION
REGISTER ON-LINE

CARPPOOLING, DETAILS
PROVIDED AFTER
REGISTRATION

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 become present with unborn mind.

ALBUQUERQUE ZEN CENTER
2300 GARFIELD ST 87106
AZC.ORG