



WHAT IS A WELLNESS WALK?

RESEARCH SHOWS THAT A WELLNESS WALK CAN BENEFIT AS FOLLOWS:

- 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 surgery or illness recovery
- Increased energy level
- Improved sleep
- Deeper and clearer intuition
- Increased flow of energy
- Increased capacity to communicate with the land and its species
- Deepening of relationships
- Overall increase in sense of happiness

WHAT CAN I EXPECT ON A WALK?

A walk is usually about 2.5 hours from the start of orientation to the ending tea ceremony and is comprised of a series of "invitations" designed to open the senses and slow us down, connecting us more deeply to the natural world and ourselves. We don't walk far or engage in anything strenuous. Any special needs should be discussed with the certified guide before the walk. Walks take place in all seasons and most weather conditions, except heavy rain or snow, strong winds, lightning and thunder; we walk always with the safety of the participants in mind.



REGISTRATION

Join Long Island's first Nature Connection Guide!

COST

\$35 per person

THREE WAYS TO REGISTER

- Online at BayardCuttingArboretum.com
- Check - Mail registration to Bayard Cutting Arboretum, PO Box 907 Great River, NY 11739.
- Cash - Pay in person at the arboretum's main office. Please DO NOT mail cash.

ATTENDEE INFORMATION

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

PAYMENT INFORMATION

All non-refundable proceeds directly benefit efforts to preserve, restore and enhance the historic character of Bayard Cutting Arboretum. Thank you for your support!

_____ CHECK – Payable to Natural Heritage Trust

_____ CASH

QUESTIONS?

Arboretum Main Office: 631-581-1002

Linda Lombardo: 516-238-0059



Bayard Cutting Arboretum presents

WELLNESS WALKS

GUIDED BY NATURE



Parks, Recreation and Historic Preservation

BAYARD CUTTING ARBORETUM
440 MONTAUK HWY
GREAT RIVER, NY

BayardCuttingArboretum.com

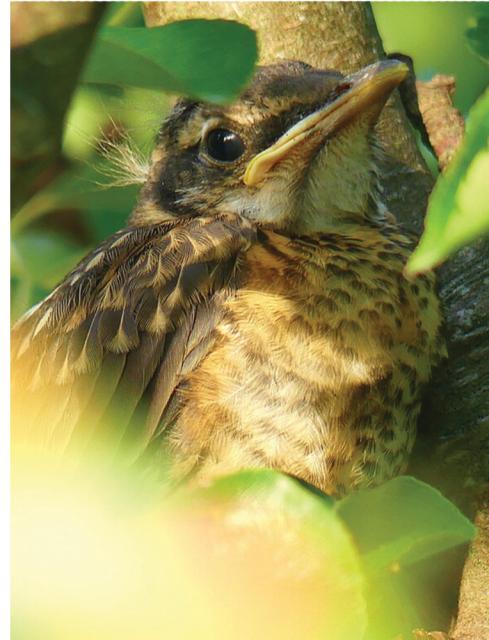
WALKS FOR ALL SEASONS

Walks are available for private sessions (individual & group), schools, celebrations, and reunions.

Visit BayardCuttingArboretum.com OR the Main Office for more information.

WALKS FOR ALL SEASONS

(continued...)



SUMMER is all about longer days, more sunlight, warmer temperatures and full blooms. A Summer Nature Connection 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. Conversations with trees and flowers, water invitations make a Summer Nature Connection a very special experience. Summer walks takes place in June, July, August.

AUTUMN is always about Fall colors and leaves. We notice the temperature getting cooler and the 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 September, October, November.

ABOUT YOUR GUIDE



Linda Lombardo is Long Island's first certified nature connection guide through the Association of Nature and Forest Therapy Guides and Programs (ANFT), the leading voice for this work in the US and Europe.

Linda is the official Nature Connection Guide for **TEN WOMEN STRONG** and **FULL SPAN LEADERSHIP**. She is also a certified life coach since 2002 through the Coaches Training Institute and a graduate of their year-long leadership program.

Read more at www.liforestwalks.com