



# Forest Therapy Walk & Nature Immersion

with Julie Kaus,  
Forest Therapy Guide

Following the Middletown Green Expo  
Saturday, April 20, 2024  
2:30-4:00 p.m.

Park and meet at the Middletown Primary  
School parking lot

Julie Kaus will guide participants in a nature immersion along the lower walking trail of Remsburg Park (across from the Primary School).

Come for a sensory-filled meander to slow down, get quiet and let the 'more than human world' be your guide. Included in this adventure: a slow walk, invitations for engaging the senses and noticing our surroundings, nature meditation, and tea ritual. This nature immersion is designed for adults. Older children are welcome with parents.

*Dip your toe into the realm of Forest Bathing offered  
by  
Julie Kaus, Forest Therapy Guide*

Learn more about Julie at: <https://www.livingbalanced.org>



Suggested Donation: \$10/person

Julie is graciously donating all proceeds to benefit the projects of the Middletown Sustainability Committee

Advanced registration required. Please register by April 17 to secure your spot by emailing Green Team member Pam McDonald at [pmmcdnld@gmail.com](mailto:pmmcdnld@gmail.com). Once registered, you will receive a waiver to fill out and bring to the event.