



Cambridge Senior Center (806 Mass. Ave.)

Special events



Armchair Forest Bathing
Tuesdays, January 21, February 18
and March 18

10:00-11:30

In-person

This is a three-month Indoor series.

Join us for a one-session, gentle introduction to the practice of Shinrin Yoku, aka "forest bathing," from the comfort of the Cambridge Senior Center. Together we'll hear about the practice of forest bathing which is about using our senses to experience the natural world around us. Studies have shown that forest bathing has numerous benefits including decreasing stress, fatigue and improving our mood and feelings of awe. As the naturalist John Burroughs wrote, "*I go to nature to be soothed and healed, and to have my senses put in order.*" We'll then explore how we can weave the practice of forest bathing into our daily lives, whether we happen to be outside or even inside our homes. These practices are portable, free and accessible to all. There will be some guided exercises and participants will be invited to share their experiences of connecting to nature. Join us as we explore ways of connecting with nature, ourselves and also with each other as a community.

For more information, call the Council on Aging at 617-349-6220.



This program is for ages 60 years and older.

Cambridge Senior Center

806 Massachusetts Avenue, Cambridge, MA 02139

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