

Heron Haven Second Saturday Nature Program
October 13th 10-11:30
Hike And Program



"In every walk with nature one receives far more than he seeks" - John Muir

Come join us for **YOGA** in the woods with Susi Gibbins, yoga instructor and teacher at Brownell-Talbot. Some yogas have goats, we may be joined by our turkeys! Learn a little about Forest Bathing, <http://www.natureandforesttherapy.org/> began in Japan but now is known world-wide. Materials to build Fairy Houses and photo opportunities abound in the beauty of the woods as we hike. Free Heron Haven field guides, lemonade and decorate your own nature cookies.

www.heronhaven.org