

Forest Therapy Walk at Porpoise Bay Provincial Park With Haida Bolton



Tour description: Haida Bolton, BC's First Certified Forest Therapy Guide, will create a calming, nurturing experience as she "opens the door" to the medicine of the forest, inviting you to interact with nature in various meaningful and healing ways. This is a mindful, very moderately paced walk often stopping to connect to the forest with all your senses, which in turn creates a better connection with yourself. The tour includes a snack and tea ceremony.

What to wear/bring: good walking shoes, appropriate layered clothing for the weather and a water bottle.

Who we are: Talaysay Tours, owned by Candace and Larry Campo, *Shishálh* (Sechelt) and *Skwxwú7mesh* (Squamish) First Nation, offer you an enriched cultural outdoor experience. Nature With Haida is an associate company.

Tour: Forest Therapy Walk, Porpoise Bay Provincial Park

Type of Tour: Eco – Wellness Tour

Guide(s): Haida Bolton

DATES: Tuesdays & Saturdays April – October, 2018

Tour start time: 1:00 pm

Tour end time: 4:00 pm **Duration:** 3 hrs

Meeting location: Meet at Amphitheatre Parking Lot

Map Link: <https://goo.gl/maps/jXKCS1dqXWn>

Max/Min number of participants: 12/ Min: 2 , for ages 12+

(Rate: \$89 pp plus gst includes a snack and tea ceremony. Please inform us of any allergies.)

Note: Scientific studies on the effects of forest therapy and its health benefits can be found at

<http://www.natureandforesttherapy.org/the-science.html> Benefits include reduced stress hormones, increased Natural Killer Cells, boosted immune system and decreased blood pressure.

Too book on line:

Easy Book on-line link:

For Inquiries and information about the tour: haida@naturewithhaida.ca or call 1-604-989-3600.

Other inquiries: Toll Free: 1-800-605-4643, Vancouver Line: 604-628-8555 Email: info@talaysay.com or askus@aboriginalecotours.com