



Conservation Commission Guided Forest Immersion Walk

10 AM on Saturday, October 21, 2023

The public is invited to join the Milton Conservation Commission (MCC) at 10 AM on Saturday, October 21 on a free Forest Immersion Walk at Casey Road Conservation Land. The walk will be led by Forest Therapy Guide Robin Schumaker, who is trained and certified by the Association of Nature and Forest Therapy (ANFT).

According to the ANFT, Forest Immersion, also known as Forest Therapy or Forest Bathing, is ‘a practice that promotes healing and wellness through immersing oneself in the calming and restorative atmosphere of forests and other natural environments’. In the ANFT guided experience, ‘the forest is the therapist, the guide just opens the door.’ Participants will be invited to connect with nature by slowing down and changing from a focus on thinking to a heightened awareness of their senses -- sight, hearing, taste, touch, smell, and proprioception. (For example, we can be aware of a stream through various senses: hearing it ripple over rocks, smelling the freshness of the nearby air, feeling the water’s coolness, or seeing reflections off the surface.) To facilitate this sensory awareness, Robin will make use of the ANFT guided event structure: an introduction, pleasures of presence, what’s in motion, partnership invitations, and a closing tea. When asked to summarize, Robin spoke from the heart, “I love the forest and the healing power of the forest and I look forward to sharing it with everyone.”

The event will last approximately 90 minutes and the walking aspect is designed to be easy, less than a half mile each way, with several stops. Slow walkers are welcome, as are young adults age 14 and over who are comfortable with silence. Although pets on leash are generally welcome at Casey Road Conservation Land, please leave them home for this event. Bring a lightweight folding chair if you would like; helpers can assist in carrying them if needed. Participant numbers will be limited to a dozen so please let us know you’re coming by the end of the day on Wednesday, October 18. Email mcc@miltonnh-us.com or call MCC Chair Virginia Long at 603-652-9559 to register or if you have questions.