

# RECLAIM AWE AND WONDER

## Connecting to Southwest Spring

**A five-week series of nature exploration, learning, and meditative nature bathing walks to nourish your soul in our Sonoran Sky Islands and desert home**

Wednesdays 8 AM-12 PM, March 12-April 9

Each excursion will take place within an hour drive of midtown Tucson, including the Santa Rita and the Catalina Mountains and surrounds (we will help arrange carpooling)

Space limited to 6 people. Participants should be able to walk 1-4 miles on uneven desert trails at an easy pace and be able to sit for stretches on a groundcloth.

\$350 for the series, \$85 per walk including locally foraged tea and snacks

- Revel in the awe and wonder of our Sonoran Sky Islands as we transition from winter to spring
- Learn about our resident birds, mammals, and reptiles. Experience the interaction between wildlife and their habitat and “communication” between them.
- Connect to nature through your senses and receive the evidence-based mental and physical health benefits of shinrin yoku, the Japanese art of nature bathing
- Awaken your passion for the earth, the web of life, and its deeper time cycles. Create a reciprocal relationship with the natural world
- Take in the medicine of the land by sharing poetry, foraged tea, & snacks

Led by Clare Kelley, Nature Therapy Guide & Scott Wilbor, Wildlife Ecologist

Register: [natureinsight-explore.com](http://natureinsight-explore.com)

Questions: (202) 441-3575 or (520) 977-0800