



parkbathe

Walk, absorb and destress

Step out of stress. Slow down. Reconnect.
Experience your local park in a completely different way through a calm, guided forest bathing session. Using simple sensory exercises, ParkBathe walks help people relax, reset and feel more grounded in everyday life.

Thursday 21 May

6pm–7pm

West Harrow Park, Harrow

Meet outside Syd's Café

- ✓ Free to attend
- ✓ No experience needed
- ✓ Gentle pace & short distance
- ✓ Suitable for all ages & abilities

Register via Wild Harrow: www.vah.org.uk/wild-harrow/



LONDON BOROUGH OF
HARROW

