

Finding Your Path Documentary Forest Bathing Workshop

Exploring Personal Legacy & Inner Wisdom
through Nature



A gentle forest immersion using movement, mindful walking, sensory awareness, and creative reflection.



**Meg Bracken from
Forest Pathways**

What you will experience

- Gentle arrival & Acknowledgement of Country
- Breathwork, grounding & Qigong
- Silent forest walking & sensory tuning
- Tree connection & nature reflection
- Nature mandala-making
- Journalling or sketching
- Lemon myrtle tea ceremony

What you will gain

- Deep calm and grounding • Clarity and insight



Forest Pathways