



Forest Bathing

April 12-17, 2025 5 nights/6 days

With Patti McGivern

Join me on a mystical mountain retreat in the foothills of the beautiful Georgia Blue Ridge Mountains where we'll forest bath. The Japanese call it 'Shinrin-Yoku' or Forest Bathing. It has been proven that two hours of mindful exploration in a forest reduces blood pressure, lowers stress hormone levels, improves concentration and memory. Additionally, trees release chemicals called phytoncides which boost the immune system. As you improve your connection with nature, you'll experience significant increases in your well-being and you can't help but to feel more peaceful.

The Forest Bathing *into Wholeness* Retreat will include circles, ceremonies, group past life regression, daily walks in the forest to streams, ponds, waterfalls, lakes and a covered bridge.

Also included are unlimited soul talks, laughter and comradery. Nights include lightening bugs, long talks around the campfire while roasting marshmallows and star gazing.





\$1,699*

*Early bird rate is based on double occupancy

if paid in full by January 12, 2025

Single supplement: \$555 additional

Payment January 13 -March 17, 2025 \$1,999

WHAT'S INCLUDED: Transportation to and from Atlanta International Airport at a specified time as a group, 5 night's accommodations in a beautiful setting nestled in the forest (with taxes and resort fees), daily breakfast, 5 dinners (as a group), entrance fees for stated sites and guides, ground transportation in our bus (as a group at a specified time), parking fees, group past life regression, water bottles and healthy snacks for hikes.

WHATS NOT INCLUDED: Ground or flight transportation to Atlanta or Helen, Georgia, meals not specified, all beverages, independent transportation, all personal items, insurance (travel insurance *highly* recommended), tipping, personal expenses or single room options.

Double occupancy is on a first-come basis. If I don't have a roommate for you, you will pay the additional single occupancy rate. *Payment made by Zelle, Venmo or check. Credit card payment: 5% additional. Send check to P.O. Box 545, Tarpon Springs, FL 34688. **A \$100 deposit will hold your spot and is non-refundable and non-transferrable.**

Full payment due no later than by February 12, 2025. Once payment is made it is *non-refundable*. I strongly *encourage you* to get travel insurance (Allianz and Travel Guard are two well-respected companies).

If you are interested in this journey, I will add you to our *private* **FOREST BATHING** Facebook page so I can easily keep you up to date. It also offers a great opportunity to get to know one another as well.

As I want each person attending to have a personal experience, I am limiting our journey to 12 people.





Saturday, April 12: Unless you drive, you'll fly into Atlanta. I'll have one pick up time at 11 am. It's about a 2 1/2- hour drive to Helen, Georgia.

Thursday, April 17: Transportation will be provided back to Atlanta airport on Friday, April 6 departing Helen at 10 am. Please book flights no earlier than 2:30 pm.

Contact me at pmcgivern@aol.com to reserve a spot!

*This journey requires good walking ability of up to 2 miles on rough terrain. Bring a small backpack and good walking or hiking shoes. Temperatures in April average up to 72 degrees during the day and 40's at night. Perfect for our hikes. Dress in layers.

I hope you'll join me! *Patti*