

Free, Guided Nature Walk in Selleck's Woods on Saturday, Oct 14 — Registration Required

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Tree Conservancy of Darien, along with local non-profits Darien Nature Center, Darien Land Trust and Friends of Selleck's Woods are co-hosting a Shinrin-Yoku walk, open to the community, with Certified Nature and Forest Therapy guide, Jeffrey Wyant.

The Oct. 14 walk is complimentary and fulfills one of Tree Conservancy's goals to educate the community about the value of trees and their care. The walk is limited to 18 people, and reservations are required at the Tree Conservancy of Darien [website](#).

Shinrin-yoku, which developed in the 1980s in Japan, is translated into English as "forest bathing". Scientific studies have shown that Shinrin-yoku walks can lower blood pressure, reduce stress levels, and increase a sense of well being among participants.

This guided sensory immersion in the forest has recently been called "the latest fitness trend to hit the U.S." by the Washington Post.

The forest bathing walk will be a safe and unhurried two-hour engagement with nature, taking in the fall foliage in Darien's Selleck's Woods.

Participants will focus on a sensory connection with the living world around them through a series of "invitations", each guiding them to establish mindfulness of place and to open their senses to the healing

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power of nature.

The walk will conclude with a tea ceremony with tea made from local herbs.

No athletic skills are required for the slow and gentle walk, which is recommended for ages 8 through 85. Children under the age of 14 are required to be accompanied by an adult.

Participants will convene at the Little Brook Road entrance of Selleck's Woods in Darien at 9:45 a.m. The walk will conclude at noon and will take place rain or shine. For reservations, more information, and instructions for parking, please visit the Tree Conservancy of Darien [website](#).