

Presented by Forest Bathing Hawai'i
and Maui Forest Bathing



HEALING TREES

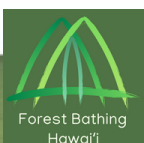
A SERIES OF FREE FOREST BATHING WALKS FOR MAUI

Come home to the outdoors to restore your body, mind, and spirit. On a gentle walk led by an experienced guide, you'll come back to your senses and have opportunities to interact with others in a small group, rest quietly in the shade, and perhaps even plant a tree for Upcountry or Lahaina. Forest bathing is inspired by the evidence-based Japanese practice of Shinrin-yoku. These monthly walks are free for Maui residents (ages 16 and above). Spaces are limited. Online sign-up in advance required.

REGISTER NOW
bit.ly/healingtreesmaui

2024 SCHEDULE & PARTNERS:

- MAR 16 Maui Nui Botanical Gardens, Kahului
- APR 27 Pacific Biodiesel Sunflower Farm, Central Valley
- MAY 18 Lumeria Maui, Makawao
- JUN 1 Hui No'eau, Makawao
- JUL 13 Idlewilde Farm, Olinda
- AUG 8 Virtual walk (Zoom in from any nature space near you)
- SEP 21 Lumeria Maui, Makawao
- OCT 19 Maui Nui Botanical Gardens, Kahului
- OCT 26 Hui No'eau, Makawao
- NOV 2 ARBOR DAY FINALE
(location TBA)



forestbathinghi.com + fb.com/mauiforestbathing
Made possible in part by Association of Nature and Forest Therapy

