



FOREST THERAPY GUIDES
WINTER GATHERING
FEBRUARY 16-19, 2024

FRIDAY

- 1:00PM - 6:00PM** Arrival and Cabin Check-in (Main Building)
*Virtual check-in's available for anyone arriving after this time
- 7:00PM - 8:00PM** **Welcome and Orientation to "Winter Gathering"** - Aaniin Building (Laura)
Session on "Preparing for Winter Weather"
 - Dressing for the weather (helpful hints)
 - Cold-Challenges and Winter First Aid*Share your own tips and tricks!*

SATURDAY

- 8:30AM-9:30AM** **Hot Breakfast**
- 10:00AM** **Morning Welcome** - in Aaniin Building
- 10:30AM- 12:30PM** **Exploring Disability Inclusion in Forest Bathing: What, Why and How? Forest Therapy Guide (Dr. Kari Krogh - EcoWisdom)**
This informal circle discussion will weave in mindful nature connection practices as we reflect upon the lessons that nature teaches us about diversity and inclusion.
- 12:30PM** **Hot Lunch**
- After lunch **Free Time** after lunch (choose your own adventure - napping, sit spots, walk, journaling, etc..).
- Time TBD** **Guided Winter Forest Therapy Walk** with Laura (Location TBD)
- 5:30PM** **Hot Dinner**
- 7:00PM** **Optional Night Walk and Wolf Howling** - Campfire to follow

****Participate in as much or as little as you like throughout the weekend.*

There will be space available anytime of the day if you prefer to gather in small groups to share, discuss, build community...in any way/time that feels right for you :).

SUNDAY

- 8:00 AM** Optional early morning run/walk/snowshoe before breakfast - meet at Cabin #1/2 or explore on your own :)
- 9:00AM** **Hot Breakfast**
- 10:00AM** **Discussion and Sharing - "Connections to the Land"** through winter explorations and Indigenous ways of knowing.
- 12:30PM** **Hot Lunch**
- 2:00PM** Free time to explore (ski, snowshoe, walk, rest, sleep, journaling, etc...) - time to do what feels right for you!
- 5:30PM** **Hot Dinner**
- 6:30PM** **Candlelit walk through the forest** (Optional Family Day CEC Program)
...and on
"Tea with the trees" Campfire Celebration! - bring your favourite tea/snacks to share or other "show and tell" items - the possibilities are endless and all types of sharing are welcome!

MONDAY

8:00AM Optional early morning run/walk/snowshoe before breakfast - meet at Cabin #1/2 or explore on your own :)

9:00AM **Hot Breakfast**

finished by 11AM **Final Debrief, Goodbyes and Wrap-up**

Is there anything else we need to feel complete?

Goodbyes and until next time :)

*Feel free to stay into the afternoon and enjoy some last moments of relaxation
Safe Journey home friends :)*

****Participate in as much or as little as you like throughout the weekend.*

There will be space available anytime of the day if you prefer to gather in small groups to share, discuss, build community...in any way/time that feels right for you :).