Glade Run Lake Conservancy

FOREST THERAPY WITH LORI

Forest Therapy at Glade Run Lake

Join certified Forest Therapy Guide Lori Young for a nervous system reset during sunset by the lake. This guided experience includes a brief meditation, sensory-based invitations and a tea ceremony.

1ST & 3RD MONDAYS MAY-AUGUST @ 6PM-8PM

Registration required:

@foresttherapywithlori

foresttherapywithlori@gmail.com