



EBCAMFT Nature Nurture Morning in the Redwoods: August 3rd 10am-12
Redwood Park, Oakland

Join us for a morning of fun, relaxing and nourishing nature connection and Ecotherapy practices, and get to know your colleagues (and local redwood forest). Facilitated by Ariana Candell, LMFT, Ecotherapist, Founder of The Earthbody Institute. <http://www.theearthbodyinstitute.com/>

Rejuvenate and socialize with colleagues in a beautiful redwood grove and grassy meadow.

Experience and learn simple, yet powerful nature connection practices that can serve you and your clients.

Enjoy the benefits of mindful time in nature: lower your stress, clear your mind, enhance your well being, increase your sense of awe...

We will be walking down a moderate grade for 15-20 minutes and then meeting in the shady redwood grove and sunny meadow for the rest of the time.

RSVP to Ariana at arianaca@sbcglobal.net so we can look for you in the parking lot.

Meet at: Skyline Gate Staging Area in Oakland off of Skyline Blvd. There is plenty of parking in the lot and on the street. We'll meet in the parking lot near the water fountain.

Directions: <https://tinyurl.com/ycdoehr8>

Clothes: Dress comfortably and in layers, as the forest can be up to 10 degrees cooler than out in the sun. Tennis shoes or comfortable walking shoes are fine, as we usually won't be walking very far. If it's rained recently, choose shoes that you don't mind getting a little muddy.

Please bring: a snack (if you think you'll need it), water, any medications you may need, (if you have allergies, make sure to take your medication beforehand), a journal and pen, sunscreen, and a pad or a camp chair, (to sit on if you don't want to sit on the ground). A daypack is helpful to carry it all, so your hands are free, but not a necessity. There are bathrooms nearby.

*****Please plan to arrive 10 minutes early** so you make sure to find our meeting spot. There is cell phone connection and text availability in the park. If you have any problems finding me or the park, you can call my cell: 510 435-2374

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