

## New Forest Bathing – Whistler, BC



**Tour description:** This is a mindful, very moderately paced walk often stopping to connect to the forest with all your senses, which in turn creates a better connection with self.

Join us in our local forests for an afternoon of meditation as your forest wellness guide shares his/her teachings and aligns you and your group of friends in nature with a series of forest wellness exercises. All by invitation, you will create, experience and connect to nature and the mysticism and power of the rainforest. This activity is not a hike, but a well guided wellness session with invitations. The session is designed for your health and wellness. It is nurturing and thus “opens the door” to the medicine of calmness and reflection available when immersed in the forest. The tour includes a snack and tea ceremony.

**What to wear/bring:** good walking shoes, appropriate layered clothing for the weather and a water bottle.

**Who we are:** Talaysay Tours, owned by Candace and Larry and Talaysay Campo, *Shíshálh* (Sechelt) and *Sḵwxwú7mesh* (Squamish) First Nation, offer you an enriched cultural outdoor experience.

**Tour:** Forest Therapy Walk, Whistler, BC

**Type of Tour:** **Eco – Wellness Tour.** This program is a wellness program. It is not an indigenous program.

**Guide(s):** **Louis Belleau.** Louis is a settler guide, trained in wellness techniques, breathing exercises and forest bathing. As a friend and team

**member of Talaysay Tours, an indigenous company, Louis is taught our Indigenous Ways of Knowing, history and love and respect for the land. This tour remains a wellness tour and is not an indigenous experience.**

**Scheduled DATES: Tuesday, Wednesday, Thursday, Friday, Saturday.**

**Sunday will start on June 30<sup>th</sup> 2024**

With groups of 10 or more you can customize your date and time.

**Tour Start time A:** 10:00 am (select days) **Tour End Time:** 11:30 am

**Tour Start Time B:** 12:30 pm **Tour end time A:** 2:00 pm **Duration:** 1.5 hrs

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**Rate:** \$74.00 plus gst

**Meeting location:** Squamish Lil'wat Cultural Centre

**Please Click Map Link - Meeting Location:** [HERE](#)

**Max/Min number of participants: 12/ Min: 4 Recommended Age: 16 and older.**

**Other locations: With group tours, we can offer other locations in Whistler, Pemberton and Squamish.** Email [info@talaysay.com](mailto:info@talaysay.com) for details.