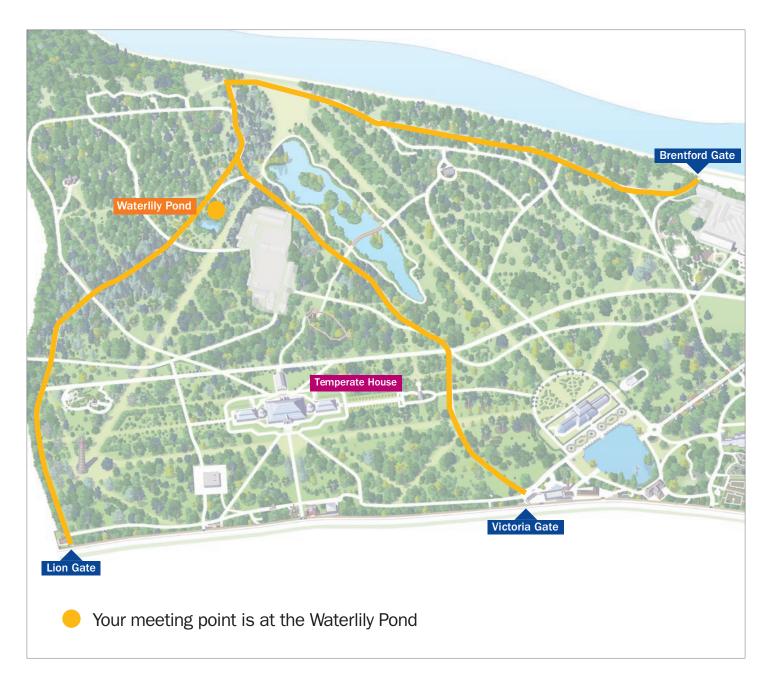


## **Wellbeing sessions**

## Find your Forest Bathing class



To ensure a prompt start time, please arrive at the meeting point 15 minutes before your allocated time.

The Forest Bathing meeting point is a 15 minute walk from the gates.