

# **SHINRIN YOKU - FOREST IMMERSION**

## **June 1, 2019\* 11 am - 2 pm**



The Japanese practice of *Shinrin Yoku* or “forest immersion” has been connected to important benefits for both physical and mental health. Recent research has shown that time spent outdoors in nature has significant effects on both subjective and objective measures of well being. In this afternoon workshop, we will take our meditation practice outdoors into the forest. We will engage a combination of sitting, walking, and writing, making observations of how nature, trees, water, and sky are connected to our experiences of presence and attention.

The Newlin Grist Mill is a restored 18th-century grinding mill located along the West Branch of the Chester Creek. The property is privately held by the Nicholas Newlin Foundation. It includes 160 acres of park land, meadows and trails. Special attention has been given to the historical buildings on the site and the preservation and reintroduction of native species.

**Soji Members \$20; Non-Members \$25**

**Email: [registrar@sojizencenter.com](mailto:registrar@sojizencenter.com) or call Nentetsu: 484-844-1414**



\*Weather Permitting, we will meet at:  
Newlin Grist Mill @ Log Cabin  
219 Cheyney Road, Glen Mills, PA 19342

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