

# **Shinrin-Yoku Forest Bathing Walk~Taft Point Gouldsboro ME**

Join Sandy for a relaxing Forest Bathing Walk at Frenchman Bay Conservancy trails at Taft Point, Gouldsboro ME.

Saturday, May 18th

Space is limited.

Please RSVP by calling 422-2327 or emailing [austin@frenchmanbay.org](mailto:austin@frenchmanbay.org) at least 12 hours in advance. Tea and snacks shall be served. Once filled, you may be added to a wait list.

Carpooling is highly recommended due to limited parking. Please meet at the FBC office, Tidal Falls in Hancock.

Guests shall carpool over together and begin walk onsite at 9:45 am.

What is Forest Bathing? See this intro: <https://www.youtube.com/watch?v=wixyvQMCfj4>

For preserve directions and more information visit [www.frenchmanbay.org](http://www.frenchmanbay.org)  
<http://frenchmanbay.org/events/spring-hike-taft-point-forest-bathing/>