



Try something  
NEW IN 2022

# Forest Bathing

Friday 21 January

Tapton Peace Gardens

2 sessions

10.00 – 11.30 / 12.00 – 1.30

Join us for an exploration of Tapton Park and experience the healing power of Shinrin Yoku (Forest Bathing) with a little barefoot sensory experience.

This traditional Japanese practice is gentle, meditative and restorative. Come along and let the trees give you a hug!

Wrap up warm and wear sturdy footwear. Bring a backpack, small foot towel and maybe a hot drink. Please note – there are no toilets in the park.

Meet Donna and Natalie in the Peace Gardens car park at Tapton Park.

Places free but limited, to book contact Wendy Blunt  
[wendy.blunt@chesterfield.gov.uk](mailto:wendy.blunt@chesterfield.gov.uk) or 01246 959657



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