

Proposal for Event to be held at Chad Erickson Memorial Park

Dear Kat,

We're writing to you to seek approval for a program we'd like to host at Chad Erickson Memorial Park from 9-11 a.m. on October 12, 2019. This is a collaborative event with the Franciscan Spirituality Center and Kinstone. Here is the description of the event:

A Taste of Forest Bathing

We invite you to explore forest bathing. Inspired by the Japanese practice called Shinrin-yoku, forest bathing is an intentional practice of connecting with nature by going into the woods, sitting with trees and surrounding oneself with the energy of the forest. Benefits may include elevated moods, joy, stress relief, increased focus, mindfulness and spiritual well-being. Our morning will start with a brief introduction to forest bathing followed by a guided immersion experience in the La Crosse Community Forest. We'll conclude with sharing tea and stories about what we noticed about our surroundings and ourselves.

We feel that Chad Erickson Memorial Park is an ideal setting for this kind of experience. There will be a cost for participants, \$25/person, and fees will go towards administrative costs such as paying the retreat leaders. Please let us know if you have questions or need clarification on anything.

Thank you,
Jean Pagliaro
Kristine Beck
Vicki Lopez-Kaley

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