

# CONNECTING with NATURE: SOUL to SOUL

with Bonnie Hart, Ecopsychologist

Expand your awareness of the natural world

*Learn how to overcome stress and re-empower yourself  
through slowing down and being in Nature*

"If you talk with the animals they will talk to you  
and you will know each other" – Chief Dan George

## Includes:

- ‡ Classroom discussion on the "web of life"
- ‡ Native concepts that bring us into communion with Nature
- ‡ Simple breathing techniques to relax and de-stress
- ‡ A 10 minute guided meditation to quiet the mind and open the heart
- ‡ Indoor practice session connecting with Nature through the heart
- ‡ A brief walk on wooded trails (time and weather permitting)

**9:30 to 11:30 a.m.**

**Sunday, March 21**

**(Rescheduled from February 7)**

**Free to Members**  
**\$8.00 Non-members**

Palmyra Cove Nature Park

1300 Route 73 North  
Palmyra, NJ 08065

(856) 829-1900  
[www.palmyracove.org](http://www.palmyracove.org)

"Look into Nature and then you will understand everything better" – Albert Einstein