

# HIKING with HART

## Guided Nature Walks

with Bonnie Hart, Ecopsychologist

Experience Nature in a new way: with the Heart!

*Is it possible to hear colors and see the wind?  
Native peoples throughout the world, say “yes”!*

We'll practice “tuning into Nature”  
on our leisure walk through the  
beautiful trails of Palmyra Cove Nature Park

### Includes:

- ‡ Brief classroom introduction on Native practices
- ‡ 2-3 mile walk on wooded trails (easy pace for all abilities)
- ‡ Plant and animal identification
- ‡ Silent 15 minute hike to practice “Heart Sensing”

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

**Saturday, March 13**

**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)