

About Kathleen Home/News Feed? About Forest Therapy Gallery Blog Projects Walks & Services

About Kathleen

Life calls me to the path of Forest Bathing to challenge personal, local and global patterns of overwhelm.

Guiding walks in forests and natural settings, I invite listening with ears and eyes, hands, feet, nose, skin, body, mind and heart. Why? Because we need this in our time.

I've taught kindergarteners (K-6) art, dance, creative dramatics and workshops called Adult Kindergarten. Like forest kindergarten, we go into nature to explore with our senses. Free of naming and knowing nature's parts, free of cameras and phones, we listen, wander and reflect.

I am stepping into a new career as a Nature and Forest Therapy Guide after a long incubation. Before that I was an elementary school visual and fine arts teacher. I'm new to social media marketing and being a somewhat "solo-prenure" (am in a global community of Forest Therapy Guides). I've been involved in local and global communities: the Pachamama Alliance <https://www.pachamama.org> , Citizens Climate Lobby <https://citizensclimatelobby.org>, pisa4u <https://www.pisa4u.org> , Evanston ReBuilding Warehouse <http://www.evanstonrebuildingwarehouse.org> , Kimball Hill School and the Palatine School District <http://www.ccsd15.net>. After lots of learning during my "refirement": new thought, spiritual growth, the arts, especially photography, and more, I am stepping into a public self. My next walks are scheduled at the Brushwood Center at Ryerson Woods <http://brushwoodcenter.org>. This is me on a recent trip to Ecuador, the Change-makers Journey with The Pachamama Alliance in the Andes last August. I stepped into my power dancing as Iyauma, a character in Quechua culture. Dancing with the whip at festivals and parties playfully reminds folks to avoid excess, dissolve hard feelings and lift community energy. Yup, that's me.

Exploring the interplay of human and other-than-human worlds.

