

Website and /or Facebook Page Cover photos - They need crops to fit W 815 pix x W 315 pix.

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

(Gallery will be collections of my for sale photographs; News feed on Facebook page will be photos of my walks. Projects will be news about current projects with others ex., Blog, my poetry and other writings)



or



(large photo is 794 x 315 pixels - portrait W 720 pix All need to be sized, 8 bit etc.)

Forest Immersion

exploring the interplay of human and other-than-human worlds
Guided Mindful Walks in the Forested Pockets of North Chicagoland



or here: *Exploring the interplay of human and other-than-human worlds*

Need strategies to manage digital distractions

or, an antidote to overwhelm?

Might self-care reach beyond the gym?

What is tugging at your heart?

Join me for mindful walks in the green, blue and forested pockets of North Chicagoland.

Let's explore relationships, the interplay of human and other-than-human worlds – this winter into spring.

(button)

(link to calendar with dates, times, places – (Button link) to reserve your place).