



Forest Walk

Nature has a soothing and healing effect
on us humans.



Summary of Facts

What should you bring?
Appropriate clothing for a forest walk, robust shoes or boots. Bring a water bottle for your own consumption. Coffe/tea included.

Cost: 50 € pp, excl V.A.T.

Requirement: To be able to manage a light forest walk of approximately 2 to 4 hours.

This activity is open to groups and corporate events, as well as to individuals. Make a reservation for yourself or your group.

Booking: info@isunne.se
Alt. 076-77 85 9 85

Welcome!

Forest walk 2011
Will take place from May.

We will meet at a previously arranged time and location.

– the isunne team welcome you!

A forest walk is an excellent form of health and wellness training. For many people a nature walk enables the possibility of spiritual healing. You will be able to relax and recharge your physical energy. Muscles get to work and you move at your own pace without straining. While building your stamina you will have time and energy to enjoy the scenery.

We will take a break in a beautiful location and have tea/coffee.

A walk is a 10 dimensional experience! Apart from the three spatial dimensions and time, it will provide you with an experience involving all your senses. Sight, hearing, smell, taste, touch and last but not least your muscle memory will be used. You are a part of nature.

Man is a biological being designed to walk.

Other suggested activities include: fishing, concrete casting, tomato sampling, treasure hunt, berry- and mushroom picking with crop guarantee. Find out more at www.isunne.se.

isunne.se