

Walking and Trails

Enchanted Wildwood Healing Arts Oasis will soon be offering walking trails for your enjoyment! For those who come from afar or do not wish to travel; take a walk on a trail near home, at a park or in your back yard! A walk in the woods is a magical and peaceful oasis. The scent of the outdoors and wooded areas is said to have a powerful effect on your emotions. Researchers show that this can help reduce stress and promote a good mood. Walking is a great way to reduce anxiety and depression as well. Walking can reduce blood pressure, blood clots and promote weight loss. Aside from all of these wonderful benefits, walking in the woods can help one connect with their inner child, as they find connection to the universe; hearing, feeling, smelling and seeing all that is wonderful along the trail.

Stop in and visit the Tips, Hints and Fun Stuff page and see a sample of our Nature Speaks Spirituality Activities to take with you along your journey in the woods!