



Forest Bathing Training Dates

Location: Days will take place in Hamsterley Forest with some sessions on Zoom

Level 1 dates

Day 1– Wednesday 25th May 2022

Day 2– Thursday 26th May 2022

Level 2 dates

Day 1– Wednesday 25th May 2022

Day 2– Thursday 26th May 2022

Day 3- Wednesday 15th June 2022

Day 4- Thursday 16th June 2022

Level 3 dates

Day 1– Wednesday 25th May 2022

Day 2– Thursday 26th May 2022

Day 3- Wednesday 15th June 2022

Day 4- Thursday 16th June 2022

Day 5- Wed 29th June 2022

Day 6- Thurs 30th June 2022

Timings: 10am-3pm

www.oasesnortheast.org.uk

Email: bookings@oasesnortheast.org.uk

Telephone: 03000 260 535