



SATURDAY,
JANUARY 21
2022

10AM - 12PM

Scan to purchase tickets!



The PACE of Nature Workshop

San Luis Obispo Botanical Garden

About

Toxic stress impacts the mental and physical health of every generation, and ACEs, adverse childhood experiences, can create lifelong challenges for the individual and the community. This workshop focuses on nature as a protective and compensatory experience that can mitigate effects of toxic stress, and how to use nature connection to relieve symptoms of depression, anxiety, and overall brain health for yourself and the children in your life. It will help you understand what your neurology wants and how to nurture it. Once you match the 'why with the how' you will feel more confident leading yourself and others back to nature.

Including guided outdoor practice to immerse you in the relational opportunities of your home landscape, you'll experience essential practices to rebuild your relationship with nature through this course.

Instructor Bio

This workshop will be taught by Kathleen Lockyer of RX Outside, the creator of the Nature Led Approach.

Cost and Ticketing

Tickets are \$15 for SLOBG members and \$20 for the general public.

For More Details Contact

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805-541-1400 ext 302



Visit www.slobg.org or
Call 805-541-1400

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