



Friends of the National Wildlife Refuges of Rhode Island

U.S. Fish & Wildlife Service

Mindful Mondays Wellness Series

October/November

Have you noticed how good you feel when you go for a walk outside in the woods? It has been proven that experiences in nature release your bodies' 'feel good' chemicals and improve your overall health & wellness. Join Wendy Rappaport, USFWS volunteer, expressive artist and naturalist for one or more of these experiences that bring nature into your life to promote well being in mind, body & spirit. All classes are FREE, however, **pre-registration is required** by calling **(401) 364-9124**. Contact Wendy directly for any questions at gwamp48@gmail.com, or call (860) 881-3222.

Classes will all be held at the Kettle Pond Visitor Center, 50 Bend Road, Charlestown, RI 02813 on **Mondays at 1:30 pm** and are approximately 60-90 minutes. Be prepared to be outside unless raining. Wear sunscreen, hat, bug spray & bring water. These classes are for adults, however youth, ages 12 & up are welcome.

OCTOBER 3: NATURE JOURNAL PAGE

Create a nature journal page where you can jot down observations of the wild Rhode Island plants growing right in Kettle Pond's backyard. We'll begin with a silent walk through the garden to open up our senses & help us to observe. Then we will set up and create a journal page to use as an example for future nature observations. This class will focus on leaf shapes. All materials will be provided.



Nature Journal Page



OCTOBER 10: YOGA & NATURE

Have you ever wondered why so many names of Yoga poses are from nature? Have you ever done Tree Pose with a tree? Spend some time outdoors breathing, doing easy yoga poses and relaxing under the canopies of the trees. Bring a large, old towel and/or a yoga mat. Everyone is welcome to this class.

OCTOBER 17: FOREST WALK

A walk in the forest is a beautiful thing! Relax your breath, connect to your senses and FEEL the calmness and serenity of the woods. Learn how to take this experience with you into your everyday life.

OCTOBER 24: MEDITATION & JOURNALING OUTDOORS

Just going for a walk in nature is meditation, however, let's slow down first with some discussion and breathing exercises, then a silent walk on the Ocean Trail, followed by some quiet time to sit and write your reflections. Bring your journal in a lightweight bag or materials will be provided.



**Sign up today by calling
(401) 364-9124**



Outdoor Mandala Art

OCTOBER 31: OUTDOOR MANDALA ART

How often have you looked on the forest floor and admired what you see? Perhaps an abundance of acorns, some soft pine needles or colorful rocks? Let's collect some of the items you find and create art with them right on the forest floor. Then leave them for all to see. Examples of outdoor art and mandalas will be shown. Bring your camera to photograph your results!

NOVEMBER 7: WRITING IN NATURE

It is easy to understand why nature is one of the most written about subjects. Poets especially express their feelings about experiences they have outdoors observing the beauty of the natural world. Let's focus on observing the outdoors by going on a silent walk on the beautiful Ocean Trail followed by a guided activity that encourages you to express your experience with the written word. Bring your writing journal if you have one, but materials can be provided. No previous writing experience required.

Friends of the **National Wildlife Refuges of Rhode Island** is an all volunteer non-profit organization dedicated to enhancing conservation, education and outreach activities on the five National Wildlife Refuges in our state. We encourage everyone to join our membership and become a *Friend* to Rhode Island Wildlife. Donations are encouraged; all donations to the *Friends* are tax-deductible.

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