



Friends of the National Wildlife Refuges of RI
US Fish & Wildlife Service
Mindful Mondays Wellness Series
November/December 2022

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 body's '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 at 1:30pm and are approximately 60-90 minutes. Dress for the weather. Classes will meet rain, snow or shine and will be held indoors, if necessary. These classes are for adults, however youth, ages 12 & up, are welcome.

NOVEMBER 14: 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.



**NOVEMBER 21:
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, weather permitting, 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.

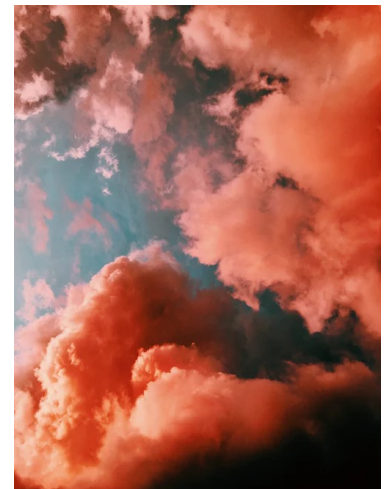


NOVEMBER 28: DRUMMING TO THE RHYTHM OF THE OUTDOORS

Connect to nature with the sound of the drum. Discover your inner rhythm. We all have a heartbeat so we all have natural rhythm. Come to experience the healing power of the drum beat. Bring a drum **if** you have one, or any percussion instruments.

DECEMBER 5: WRITING ABOUT 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, weather permitting, 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, otherwise materials will be provided. No previous writing experience is required.



DECEMBER 12: DANCING WITH THE CLOUDS

Let's look up at the sky and really SEE the clouds. Then do a little easy movement to music and easy painting to experience the sensations you feel. No experience in movement or painting is necessary. All materials will be provided. Bring an old shirt or smock to protect your clothing.

DECEMBER 19: MEDITATION & JOURNALING

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, weather permitting, followed by some quiet time to sit and write your reflections. Bring your journal in a lightweight backpack, or materials will be provided.

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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