

Relax Reset Recharge

Restorative Nature
Immersion Group

Middle and High School Teens

Take a break from screens, stress, and busy schedules. This guided experience invites you to notice the sights, sounds, and calm of the outdoors in a new way.

One-hour
exploration

Immersion in
Nature

Certified
Guides



Boost your mood, reduce stress, and
improve focus



Scan for more info or visit
www.losalamosjjab.com

1st and 3rd Wednesdays
of the month
4 PM
JJAB Offices



This experience is inspired by Shinrin-Yoku, a practice that began in Japan and is now used around the world to support mental and physical health.