



Blossoming into Conscious Being

Nature Walking Psychotherapy for Adults 

Relational BodyMindfulness & Self-Exploration

Dr. Farah Forest 

The Walking MD

thewalkingmd.ca

Connect to Yourself Walking in Nature

**Are you a Deep Thinker or Sensitive Soul?
Ready to Consciously Explore Your Relationship with Yourself?**

WHO

Dr. Forest is a Family Physician Practising in Psychotherapy who “walks the walk” of sustainable well-being and nourishing self-exploration in her own life and work.



WHAT

Dr. Forest’s practice is **OHIP covered**, and guided by relational, compassionate bodymindfulness and self-inquiry that engages the body’s natural inner wisdom and resources for nourishing self-exploration and sustainable well-being. **No need to de-roster from your primary care provider.**

WHY

Benefits may include:

- **Insights into your inner experiences in your relationships** with yourself and others
- Neurochemical effects on the brain that **reduce stress hormones, decrease ruminative or “stuck” thinking processes** and support presence and connection
- A reduction of feelings of disconnection and desperation, and an increase in **embodied self-connection, empowerment, presence and self-esteem**
- Increased **calm within yourself, with others and issues of daily life**
- Enhancements in **well-being, attention, concentration and creativity**

WHERE, WHEN, HOW

For privacy and availability, the outdoor walking area is 20 min from Osgoode, Greely, Navan-Vars and Winchester. A few introductory meetings are held virtually via Zoom video. Currently accepting self-referrals.

Visit thewalkingmd.ca  or call Dr. Forest at 613-583-8878 (no texts)