



## 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](http://thewalkingmd.ca)  or call Dr. Forest at 613-583-8878 (no texts)