



After growing up in Montreal, I found my heart yearned for open spaces. I lived in several rural areas before settling in Saranac Lake in 2008, where I feel truly at home with the land and the people.

I started my own healing journey from childhood trauma and PTSD at 18, and sharing with others what was helpful to me became the foundation of my professional life. After teaching yoga and wellness practices for over 25 years, I felt called to explore further the inherent wisdom and healing power of nature. After discovering the practice of Forest Bathing in 2017, I trained with the Association of Nature & Forest Therapy and founded Adirondack Riverwalking & Forest Bathing to share with others the solace and sense of community that comes from this simple and beautiful practice that is accessible to everyone, regardless of level of ability, age or background.

Forests know that the welfare of each tree depends on the welfare of the whole community, a great metaphor for human communities as well. I feel excited about joining Creative Healing Connections' board, grateful for the opportunity to give back more directly in this community.

I live with my husband Bob, and feel grateful each day for my life and our life together. I like to wade in rivers, meander in forests, as well as ski, hike, dance, garden and spend quality time with family and friends.

** Helene is a Certified Nature & Forest Therapy Guide, Licensed NYS Hiking Guide, Certified Yoga Teacher, meditation coach and wellness facilitator.**

