

FOR IMMEDIATE RELEASE

October 5, 2021—Sunderland, Massachusetts

Adventure East To Host Wellness Retreat at Trustees' Bullitt Reservation

One-Day, Guided Experience on October 17, 2021 Is Perfect For Outdoor Enthusiasts and Leaf-Peepers Searching for a Unique Adventure



Photo Caption: A group of guests listen to their mindfulness instructor.

Adventure East, a new outdoor tour company based in Sunderland, Massachusetts, will host a variety of experiences this Fall for people who want to have fun outside in the Connecticut River Valley. Adventure East collaborates with a number of local organizations including the Trustees of Reservations and their Bullitt Reservation property in Ashfield and Conway.

On October 17, 2021, Adventure East instructors Ami-Jean Aubin and Max Alaghband will lead a one-day wellness retreat at the Trustees' Bullitt Reservation property consisting of mindful Forest Bathing, grounding & gentle Outdoor Yoga, and a farm-to-table meal where guests can reflect and connect.

To sign up to attend the retreat, groups and individuals can visit Adventure East's [website](#).

Meet the Instructors (Photos on Next Page)

Ami-Jean Aubin is a Forest Bathing & Outdoor Mindfulness Guide. Ami-Jean shares: "There are few things that I enjoy more than being with a group of people in the forest while attempting to unravel these great mysteries of the natural world."

Max Alaghband is a Hiking Guide & Yoga Instructor who studied at Kripalu and in Taiwan before moving to the area where he leads people into deeper connection with themselves and with nature through Outdoor Yoga. Max says, "I hope to bring students to a moment of peace and connection in the midst of the chaotic times we live in."



Photo Captions: Ami-Jean Aubin, Forest Bathing & Outdoor Mindfulness Guide (left), and Max Alaghband, Hiking Guide & Yoga Instructor (right).

About Adventure East



Adventure East makes it easy to have fun, outdoor experiences where you can focus on enjoying the natural beauty of Western Massachusetts without the hassle of planning and figuring out logistics.

We aim to provide the resources that will help anyone and everyone be able to experience the outdoors in Western Massachusetts. [Visit our website.](#)

For inquiries, more images, and information, please contact:

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