



**Chester Woods Park**  
**Self-guided Mindfulness Path**  
**8378 HIGHWAY 14 EAST**  
**EYOTA, MN 55934**

This path is designed to bring people together in the spirit of mindfulness, connection, and personal growth and to deepen into stillness and emotional wellness.

Walking this self-guided path can heighten awareness of mental and physical states. Mindfulness in nature can help regulate thoughts, feelings, and actions. You can find this path across from the Legacy Trail.

**Celebrating 30 years!**

**Mindfulness Path in red.**

