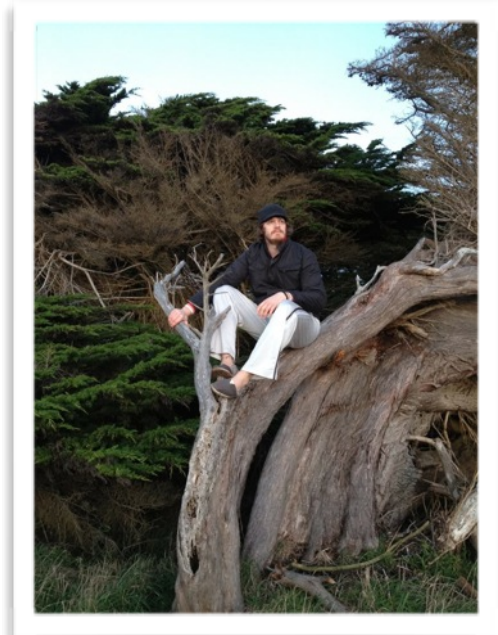


Well Nest

Retreats

John Westbrook BIO

John Westbrook is a very grateful dad, poet and entrepreneur. A California native, he spent a large part of his childhood in the high deserts of southern Utah, where he first developed his love of nature. Feeling most alive when sitting high in a tree in the woods, John believes strongly in the connectedness we share with each other and with nature. When he first began hiking barefoot, he shared the “amazing benefits” he experienced with his close friend Dr Rick, who clued him in on a growing discovery known as “Earthing.” These days John regularly practices mindful, contemplative earthing walks and is developing methods to bring peace, healing, and ease to others.



Contact info:

john@earthingearthling.com

(423) 521-0045