

shinrin yoku

森林合, 林林

Forest Bathing is all about connecting consciously to nature through body and mind, and especially the senses. It's restoring the basic healthy connection between nature and YOU.

Forest Bathing is a process of relaxation that finds its origins in Japan and is known as shinrin yoku (=bathing in the forest atmosphere).

Japan has more than 40 recognised Forest Bathing centers, forests dedicated exclusively to the practice!

The simple method of being calm and quiet amongst the trees, observing nature around you whilst breathing deeply can help both adults and children de-stress and boost health and wellbeing in a natural way!

Want to know more about forest bathing?

<https://www.nationalgeographic.com/travel/article/forest-bathing-nature-walk-health>

<https://time.com/5259602/japanese-forest-bathing/#>

<https://en.wikipedia.org/wiki/Shinrin-yoku>

<https://treewise.be>

NŌHAU

Our program on Sunday 28/01:

- a slow guided tour through nature with guided relaxation exercises
- verified facts/figures about nature, the benefits of nature-contact and the science behind Forest Bathing
- feedback/reflection moments
- tips on how to slow down and connect in everyday life
- an authentic 'tree hugging' experience

Forest Bathing session refreshes the mind, balances emotions and calms the nervous system because it is proven that exposing ourselves consciously to nature creates an immense positive effect on our mental and physical health. What scientific research says about the effects of contact with nature:

- Anxiety & Stress 📌
- Heart rate & Blood pressure 📌
- Feelings of Anger & Hostility 📌
- Vitality 📌
- Happiness hormones 📌
- Concentration & Creativity 📌
- Higher immune function of the body = higher resilience to mental stress