



YOUR GUIDE TO FOREST BATHING

STEP 1 – PREPARE

Your clothes stay on and leave the soap behind! Ideally, leave your technology behind too for maximum effect – unless you have a poor sense of direction that is. Dress comfortably with appropriate footwear and bring your map! We recommend starting on the Lakeside Nature Trail.

STEP 2 – GET OUT THERE

This isn't a structured experience. There are no guides or set pace. It's not a nature walk where you're leading with your head, and it's not a hike where you're trying to get your heart rate up. This is a self-guided immersion in the forest as a way to clear your mind and open your senses to connect with nature.

While you're out there, focus on being fully in the moment. Take it slow. Allow the spaciousness of nature to become the spaciousness in your mind as you let your thoughts go. Studies suggest that when you're in nature, the trees and plants emit oils called phytoncides that enhance the immune system. You'll remove toxins by breathing in and out, gently and fully, enhancing the paralytic nervous system leaving you relaxed and calm.

As you silently make your way along the trails, engage your senses. Feel the crunch of the leaves under your feet. Take a moment to close your eyes and feel the wind on your skin or listen to the sounds of the forest. As you continue, ensure to appreciate the beauty and texture of the landscape around you. Take it all in and as you progress, remember to breathe fully, centered within, one moment after another. This active form of meditation will help melt away stress, leaving you with a greater sense of peace and clarity.

For best results, we recommend spending at least 2 hours with Mother Nature. Enjoy!