



GUIDED FOREST THERAPY WALKS

Return to Wholeness - Reset Within Nature
Connect to Nature, Yourself and Others to
Cultivate Wellness and Health

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OBJECTIVE

In a busy world, Guided Forest Therapy Walks provide a chance to connect with nature, slow down, and immerse in the healing atmosphere of forest environment to awaken your senses and deepen the relationship with the natural world.

WHAT IS FOREST THERAPY?

Forest Therapy, or forest bathing, originated in Japan in the 1980s as a healing practice. It involves a slow walk in the forest, engaging all senses to relax, de-stress, and reconnect with nature, emphasizing mindfulness and sensory immersion.

WHAT TO EXPECT?

Our guided forest therapy walks will begin with an introduction to this practice and acknowledgement of the land. The walk features a series of sensory invitations designed to engage your senses fully, helping you see, listen, smell, touch, and even taste the forest environment, if applicable.

Moving at a slow, deliberate pace, you'll have the opportunity to immerse yourself in the natural surroundings. You'll have the opportunity for reflections and optional sharing moments that will deepen your connection with the group and nature. The experience concludes with a closing ceremony, leaving you feeling grounded and rejuvenated.

SERVICES AT A GLANCE ***

- Guided Forest Therapy Walks (In-person/Virtual)
- 1:1 Nurse Coaching in Nature
- Coaching on a Paddleboard
- Workshops
- Nature Connection thru Art
- [Club] Nature Connection Walks

**** All services can be personalized and curated to your unique needs. Reach out for more info.*



BENEFITS

- Reduces Stress

Immersion in a forest environment lowers cortisol levels, reducing stress and promoting relaxation.

- Boosts Immune System

Exposure to phytoncides (natural oils from trees) increases the activity of natural killer cells, enhancing immune function.

- Improves Mood

Spending time in nature elevates mood, reduces anxiety, and can help alleviate symptoms of depression.

- Lowers Blood Pressure

Regular exposure to forest environments can help lower blood pressure and improve cardiovascular health.

- AND MORE...

