



Forest Bathing

More Than A Walk In The Woods

Laurie Lamont



Honouring and Acknowledging the Land and People



DENDROPHILE

(n) a person who loves trees, forests.

Welcome!

- so honoured to have been given this opportunity to talk about the practice of Shinrin Yoku or Forest Bathing.
- My Story

Today

What is
Forest
Bathing

A Little Bit
of Science

Practical
Examples

Forest
Bathing
Experience



What is Forest Bathing?





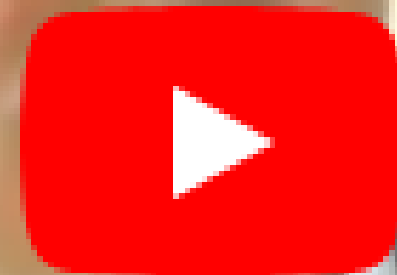
- The essence of forest bathing is sensory immersion in the ambience of the forest.
- You walk slowly and notice things.
- You feel the touch of the breeze on your skin; you notice the sounds of the brook and the birds and the movement of trees in the wind.
- And you take that noticing in, give it hospitality, let it land inside you.
- Forest bathing is not the same thing as hiking.
- The focus is on connection and relationship.



Introduction to Forest Therapy and Shinrin-yoku




Share



Amos Clifford

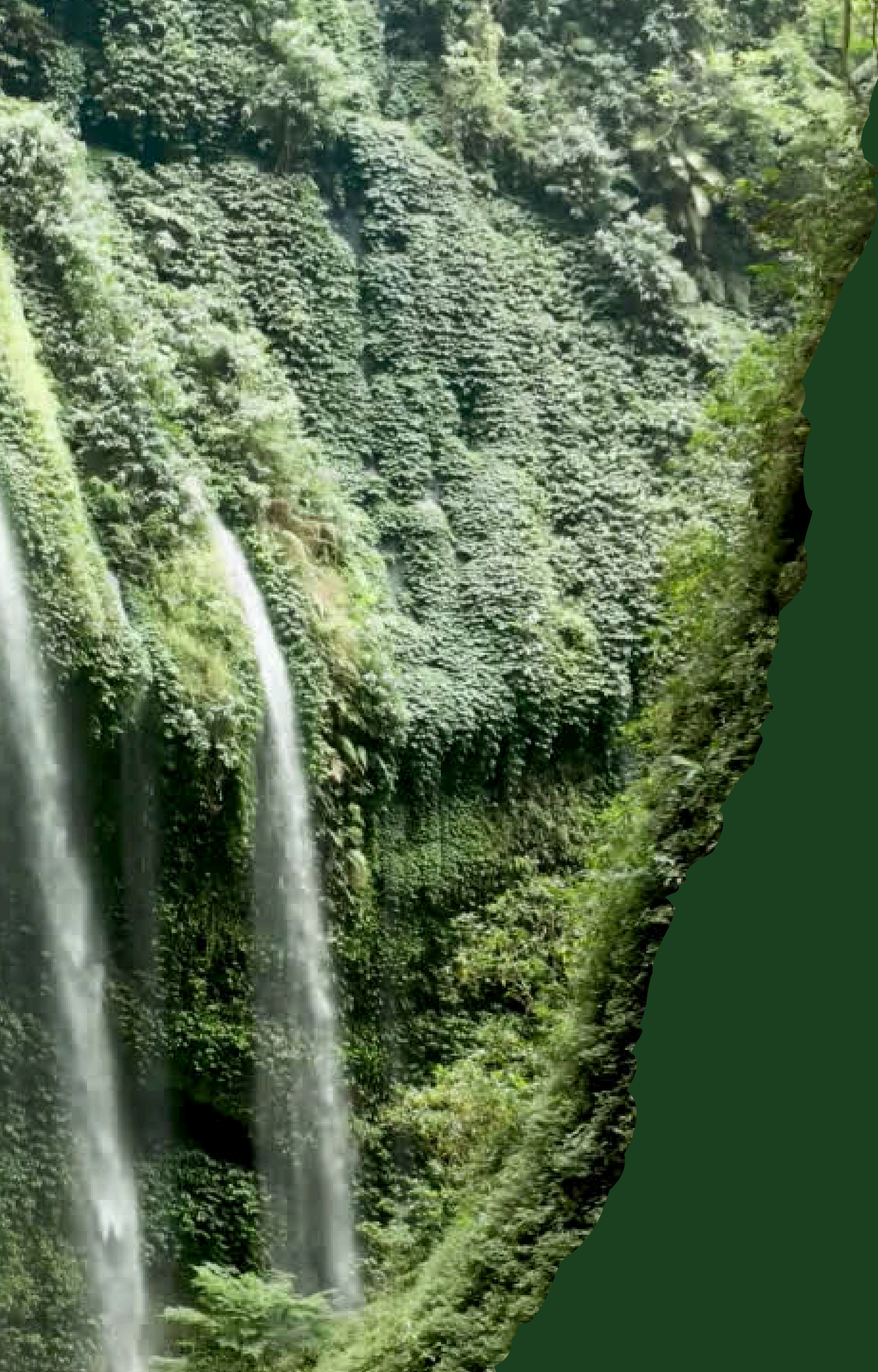
Founder, Director

Watch on  YouTube

Association of Nature & Forest Therapy Guides & Programs



***A Little Bit of
Science***



- Stress Reduction
- Reduction in Blood Pressure
- Calms the Sympathetic Nervous System (Fight, Flight, Freeze, Fawn response)
- Triggers the Parasympathetic Nervous System (Rest and Digest).
- One study found that after going for a walk in the forest, the stress hormone cortisol went down.
- Research has uncovered that even viewing nature scenes has many health benefits.
- Can Improve Your Immune System Function
- Some researchers are starting to think that forest bathing might have anti-cancer benefits too!
- Phytoncides & The Healing Power of Trees
- The Effect of Forest Bathing on Creativity

Practical Examples

CNIB

- some challenges?
- ideas?

Trauma Survivors

- some challenges?
- ideas?

Nursing Home

- some challenges?
- ideas?

Self Care



find me!

www.wanderingmuskoka.com



wanderingmuskoka@gmail.com



705-783-5855





**Let's go
outside!**