




Benefits

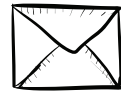
Everyone can benefit from a Shinrin-Yoku (Forest Bathing) walk. Each experience is unique, so you will benefit according to your own needs. Here are a few benefits:

 Improved physical health markers, such as blood pressure, pulse rate, and immune function

 Decreased stress, anxiety, and depression

 Profound internal, or spiritual, experiences

Contact Us



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Renewal By Nature



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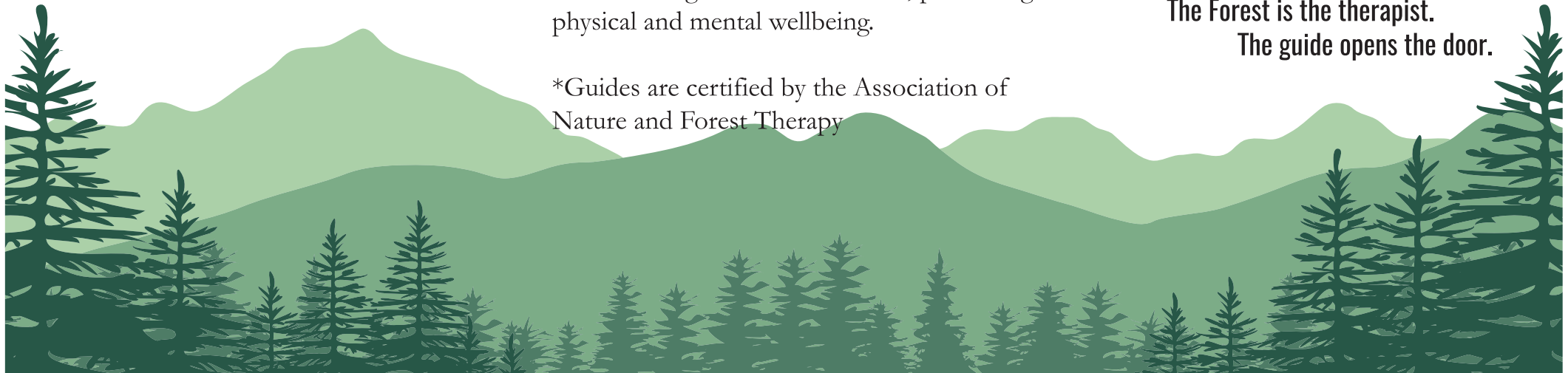


Shinrin-Yoku WALKS

Forest Therapy (Shinrin -Yoku) walks, provided by a certified Forest Therapy Guide,* gives each participant the opportunity to connect with nature through the human senses, promoting physical and mental wellbeing.

*Guides are certified by the Association of Nature and Forest Therapy

The Forest is the therapist.
The guide opens the door.



What is Shinrin-Yoku?



Forest Therapy is the practice of using a combination of the human senses to become fully and mindfully immersed in a natural setting, primarily a forest. The western practice of Forest

Therapy was inspired by, and derived from, the Japanese practice of Shinrin-Yoku, literally "forest bathing."

Participants of a Shinrin-Yoku walk are guided through a series of invitations that encourage immersion of the Forest through their senses, thus fully experiencing their natural surroundings and becoming beneficiaries of the "medicine of the forest". This rather intense, yet relaxed, practice renews us in a way that allows our inner peace and health to radiate beyond the Forest Therapy walk and positively impact our day to day experiences.

What should I Expect?

Duration

You can expect a typical experience to be between 2 and 3 hours, depending on variables such as size of the group and location of the walk. Duration does not dictate quality of the experience.

Distance

The distance of the walk is not more than half a mile in distance, with a few opportunities to sit and relax. Some walks are accessible, and noted as such. Be sure to let us know your needs.

Cost

Costs vary, and mainly depend on venue and arrangement with the land manager. The range is between \$30 and \$55, and typically the lower end of that. **Private and corporate walks are also available. Please call for more details.**



Meet your Guide



My name is Robin Hancock, and I will be your guide. As an outdoor enthusiast, I have always been aware of the benefits intrinsic to being in nature. While experiencing profound personal losses over the course of a few years, I naturally

turned to the Forest for comfort and spiritual retreat. It was there that I discovered the wisdom that resides there, or rather within me, when I was quiet enough to be able to listen. That was my gift from the Forest. We call it the "Medicine of the Forest". Through the discovery of Shinrin-Yoku (Forest Therapy), I have realized that it is my calling to now share that gift to all who wish to also realize the bounty of wisdom, healing, and health benefits, available to us all through this practice.