

Shinrin-yoku -- Forest Bathing

Friday 6th May (full day) and Monday 1st June (1/2 day) 2022 Led by Carina Greenwood at Nant-y-Bedd Garden, Fforest Coal Pit, Abergavenny, NP7 7LY

Shinrin-yoku (or forest bathing) means 'bathing' all the senses, whilst walking slowly in the forest.

When taking in the forest atmosphere like this, the brain naturally switches off from the 'sustained directed attention' of life's daily pressures. Shinrin-yoku is restorative, both mentally and physically, like a bath.

Walking in the forest in this way is not like hiking in the woods, nor indeed does it involve collecting or recording information and images like a naturalist or for social media.

Synopsis

Shinrin-yoku is a slow practice, involving walking; probably no more than 2km whilst taking in the forest atmosphere.

There are some typical features of a forest bathing experience with Carina as your guide:

- Carina will summarise shinrin-yoku; giving you some insight into the fundamental principles of the practice, as well as its health and wellbeing benefits.
- Typically there will be four invitations offered to you; to do alone or with others, always within range of the guide. These last between 10 and 20 minutes. They are entirely optional; designed to connect you with the surroundings and tune in your senses.
- 'Foraged tea' and light, healthy snacks mark the end of the session informally and allow a chance to ask the guide questions or chat further about the experience and practice.

Level of expertise required? The workshops will be equally suitable for novice or expert. **Bring with you** Sensible shoes and layered outdoor wear.

Go away with loads of enthusiasm - we guarantee!

Booking place Group sizes are intentionally small, typically 4-6 people. To book please go to www.forestbathe.co.uk

Costs: Full Day £75.00 1/2 Day £30

Carina Greenwood has been practising Shinrin-yoku for a number of years and introducing others to its benefits as a guide. She is a Certified Forest Therapy Guide (Association of Nature and Forest Therapy Guides and Programmes) and holds Master's Degree in Arts Practice, Health and Wellbeing (University of South Wales)