

Forest Bathing/Shinrin Yoku



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My favorite books about forest bathing:

Your Guide to Forest Bathing: Experience the
Healing Power of Nature by **Clifford, M. Amos**

Healing Trees: A Pocket Guide to Forest Bathing by
Ben Crow Page

Wendy has spent her life studying the effects of stress on the mind and body. Stress drives pathology, so treat the stress. Her certifications range from Forest Therapy Guide, expert-level Myofascial Release Therapist, Yoga Therapist to Stanford Compassion Ambassador.

In this virtual forest bathing experience, Wendy will guide you into a state of nature-induced liminality, which is the space between thoughts, where homeostasis can be remembered by the body. Forest bathing is a set of sensorial-based skills that will induce deep states of relaxation and recovery, which come with great health benefits that last long after the actual experience. In Japan, forest bathing is referred to as Shinrin Yoku. Japanese physicians write prescriptions for Shinrin Yoku to effectively treat stress-based illnesses.

Forest bathing is simple but infused with nuances that you will learn through the practice of embodiment. Find a sit spot, a place you can return to regularly to practice. Honor the land by learning about your area. Spend 10-15 minutes paying attention to a bodily sensation, such as breath or skin texture. Now choose to drop into what nature is offering via one of the 5 senses, and stay there for 10-15 minutes. End with gratitude to the land.

Learn more about the health benefits of Forest Bathing on my website:

<https://www.somaticcotherapy.com/copy-of-forest-bathing>