

The basics of forest bathing.

Suggest



Being comfortable. Weather appropriate clothing & shoes, good for walking, sitting, & laying. A cushion or towel is recommended. Leg and arm coverage is recommended during tick season.



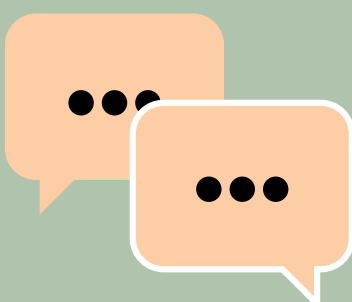
Coming prepared. Consider extra water, sun protection, insect repellent, a small snack.



Tuning in. Silence cell phones and suspend casual conversation during the session. Brief opportunities to share will be offered during the session. Save longer discussions for after the session experience.

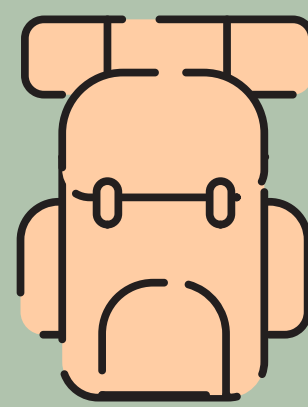


Engaging in whatever way is meaningful to you. Verbal sharing or silence is equally welcomed.



Being lean of expression. If you choose to verbally share in the circles, be mindful of duration and the experience of others.

Avoid



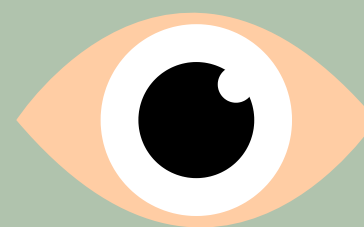
Travelling heavy. Session length is 1-2 hours & involves a flow of walking, sitting, & laying.



Directly touching or approaching any wildlife you don't know to be safe. Connection can be made from a safe distance.



Judging or evaluating your experience, or that of others. Note the experience that comes up for you-senses, thoughts, memories, emotions-without trying to figure, fix, or solve these.



Losing sight of the group. Keep a line of visibility with at least one member of the group during the session.



Doing anything that is outside of your personal comfort zone. Each exercise offered is an invitation that is optional and up for interpretation or adaptation. Do what feels right for you.

