

**BE HERE
NOW.**

**SHINRIN
YOKU**


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**FOREST BATHING
THERAPY:
A QUICK GUIDE**



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THE WILD IS CALLING...

AND I MUST GO.

Shinrin-yoku, or forest bathing, is a response to the hectic, break-neck pace of our modern world. It is a call to slow down, tune in, breathe deep, and just...be.

Formally coined in Japan during the 1980's, forest bathing is actually as ancient as humanity itself. Only recently has science confirmed the therapeutic psychosomatic benefits of simply spending time immersed in our natural environment-something we have always intuitively known. We as humans emerged in nature, but have since lost touch with our mother earth. Shinrin-yoku can be thought of as a "coming home."

Shinrin-yoku consists of spending quality, intentional and mindful time immersed in the natural environment. This could be a forest, a beach, near a river or lake, or even in your own backyard. Ideally, this is anywhere that allows for direct, physical access to natural elements.

A certified forest therapy guide or practitioner navigates the session, offering a series of exercises aimed at finding the connection between oneself and the surrounding environment.

THE BASICS

What to bring: Comfortable, weather appropriate clothing and shoes, a towel or cushion for sitting, a bottle of water, sun protection, an open mind.

What to expect: 2-3 hour session with mild-to-moderate walking, sitting and resting on the ground. This is a sacred time to connect with nature, so casual conversation should be suspended during the session and phones silenced. Experiential sharing with the group is welcomed, but not mandatory. The focus is finding your mind & body connection with the natural environment.

WARE TADA TARU O SHIRU

"Everything I need is already
right here, right now, in me."

IT IS MY PRIVILEGE

to help reestablish your connection
with nature and to rekindle the
harmony that exists within and
beyond self.



**YOUR GUIDE
MEG**

Meg is an engineer turned plant based wellness and simplicity mentor. She is a certified forest bathing guide and hold a Plant Based Nutrition Certificate through eCornell.