



Nature Coaching

Mindfulness and stress reduction in nature



Shinrin Yoku – The healing power of the forest

Studies show that just a few hours in the forest have a health-promoting effect. The term forest bathing is derived from the translation of the Japanese Shinrin Yoku. It has been researched for almost 40 years and means "bathing in the atmosphere of the forest". What originated in Japan as a method for relaxation and stress reduction is also becoming more and more popular in Europe. Studies confirm the healing effects of forest air. It contains terpenes and essential substances that have a positive effect on human health.

A forest bath balances the hormone system and strengthens the nervous and immune systems. Our well-being increases. Physical and psychological resilience is promoted.

I am happy to take you into the forest - in a group (in German only) or in a 1:1 session (available in English). You will rediscover the forest and yourself, open your senses, linger in the here and now. Forest bathing gives you peace, balance and strength and you will come into contact with your own nature in a sensitive way.

"What do you actually do when you take a forest bath?" The answer is simple: open your senses, breathe, rest and relax. Everything is possible, nothing is needed. In the end you might even wonder why the other "normal" people "run" through the forest so quickly.

To slow down, there are many simple exercises that give you space to relax.

I will invite you to simply be, relax and breathe, we will do some mindfulness exercises with creative and playful elements. A rest and a solo time are also part of a forest bath. You will feel the forest, experience yourself in nature and gain strengthening impulses for your everyday life. At the end of the forest bath we exchange our experiences and impressions in a final ritual.

Tip: wear weatherproof clothing and sturdy shoes. Please bring something to drink, a snack and a seat pad with you.

Normally, we go into the forest even in rainy weather. In the event of a thunderstorm, storm or heavy rain, we will postpone the for safety reasons.



**...und in den Wald gehe ich, um meinen Verstand zu verlieren und
meine Seele zu finden.**

ANTON CECHOV

