



FOREST BATHING

*starter
guide*

AN INTRODUCTION AND
3 SHINRIN-YOKU GUIDES

ForestBathingCentral.com

Starter Guide

FOREST BATHING CENTRAL



WHAT IS FOREST BATHING?

Forest bathing, or shinrin-yoku, is a concept that originated in Japan. It's simply the practice of immersing yourself in nature, or more specifically, the forest.

The forest is a retreat from frenzied everyday life and constant electronic presence. The nature of the forest--its visual green relief, rawness, and essential oils--have real, researched health benefits. We're wired to be drawn there, to play there!

Forest bathing isn't just a walk in the forest. It's a slow intentional journey to engage every one of your senses.

THE BASICS

Let's break down the first questions that come to mind when learning about forest bathing. Why would anyone go forest bathing? How do you forest bathe? Where do you forest bathe?

WHY

- It provides immense stress relief to be unplugged and green
- Studies show numerous health benefits for forest bathing
- To get back to the raw, realness of nature.
- Hone intuition

HOW

- Head to a forest and take it in with all the senses.
- Follow an intention, either from this guide or one that you've devised yourself.
- Enjoy the serenity and richness around you.

WHERE

- Park
- Wooded backyard
- National forest
- Other tree-dense area



Don't overthink it. Just go to the forest.

Starter Guide



HOW TO USE THIS GUIDE

"Each exercise in this guide gives you an intention when you're out in the forest, something to focus on. It helps you to tune into the environment in ways that you never have before. Let me show you how each exercise is structured:

— Exercise details

The left side of each exercise breaks down the deets for you. It tells you what kind of benefits you might enjoy from the exercise and what supplies you need. Under that is a reflection verse. Each exercise comes with a hand-picked poem or quote that enriches the exercise. Read it once before you go and once when you're finished. It will likely take a new meaning.

— Exercise Notes

The exercise notes give you a brief introduction to the exercise, the premise behind it, and any instructions you might need.

— Exercise Guide

The second page of the guide gives you a thorough breakdown of the exercise. Take as much time as you feel called to take.

— Exercise Pocket Edition

The third page of each exercise provides you with a pocket-sized printable page containing the condensed version of the exercise for convenience.

— Field Notes

Use the field notes section to jot down any observations or thoughts you have while you're out in the forest. Perhaps you have an idea for next time, a revelation, or a completely unrelated thought. Don't let it slip away. Get it down on paper.