



NURTURE YOURSELF IN NATURE



FOREST BATHING MEDITATION IN MOTION

Forest bathing, or Shinrin-yoku, is a Japanese practice of immersing oneself in nature, particularly in forested environments, to engage with the sights, sounds, and smells around you. The activity involves a slow, mindful walk through the forest, where participants focus on the sensory experience of the natural world. This could include feeling the texture of tree bark, listening to the rustling leaves, breathing in the fresh forest air, and observing the various plants and animals. The practice fosters a deep sense of presence, helping to disconnect from daily stressors and technology while promoting physical and psychological well-being.

ACTIVITY BENEFITS

- Lowers levels of cortisol, reduces stress, and improves mood.
- The calming effect of the forest is linked to lower blood pressure and heart rate, contributing to overall well-being.
- Boosts immune function, increases creativity, and promotes mindfulness.
- Trees release phytoncides, compounds that protect them from pests and pathogens. When humans inhale these, they boost the immune system by stimulating the production of natural killer (NK) cells, which help fight infections and tumors, enhancing overall health.



GUIDED FOREST EXPLORATION

A guided forest exploration to discover the ecosystem of the forest and the fascinating world of mycelium networks. You'll learn how trees, plants, and fungi interact in a delicate web of life, with a special focus on the hidden, yet essential, mycelium networks underground. These networks act as the forest's communication and nutrient distribution system, connecting plants and trees in ways that are still being studied by scientists.

You'll also explore the concept of "mother trees" – older, larger trees that play a central role in nurturing the forest ecosystem by using mycelium networks to share nutrients and support younger trees.

During this activity, you'll observe various species of plants and fungi, and understand how they rely on each other for survival. The guide will explain the vital role of mycelium in maintaining soil health and supporting biodiversity, offering insights into how these networks help ecosystems thrive. This immersive experience will deepen your appreciation for the interconnectedness of nature and the crucial role fungi and mother trees play in sustaining life on Earth.