



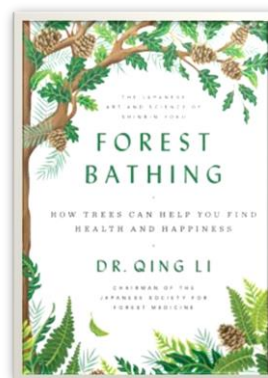
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ASSOCIATION OF
Nature & Forest Therapy
GUIDES & PROGRAMS

Global Institute of Forest Therapy
G.I.F.T. of the Forest &
Nature Connection

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Canadian
organizations
offering
Certification
Programs for
Forest
Therapy
Guide



**Forest Bathing is
like taking bath**

www.tinathrusell.com

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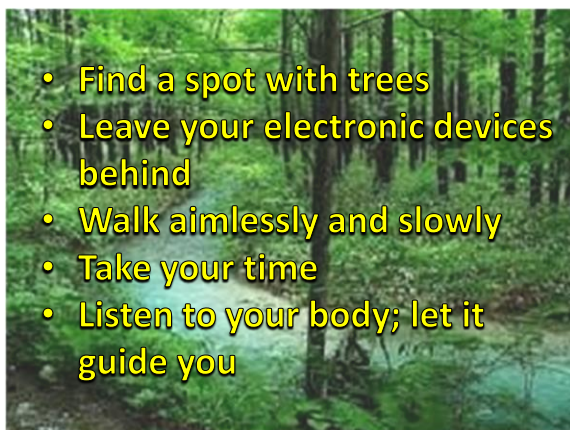
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But....
instead of
immersing
yourself in
water, you
immerse
yourself in
the forest

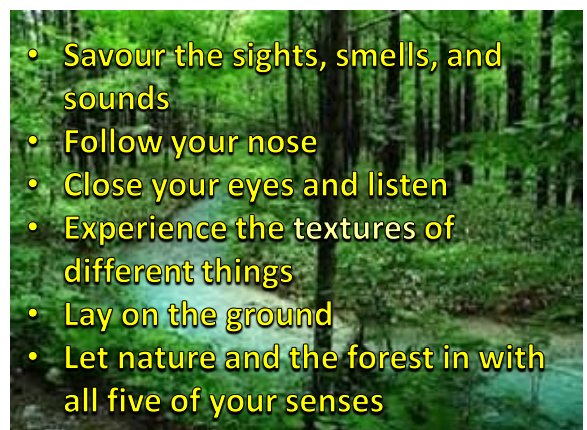
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- Find a spot with trees
- Leave your electronic devices behind
- Walk aimlessly and slowly
- Take your time
- Listen to your body; let it guide you

7



- Savour the sights, smells, and sounds
- Follow your nose
- Close your eyes and listen
- Experience the textures of different things
- Lay on the ground
- Let nature and the forest in with all five of your senses

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Earthing



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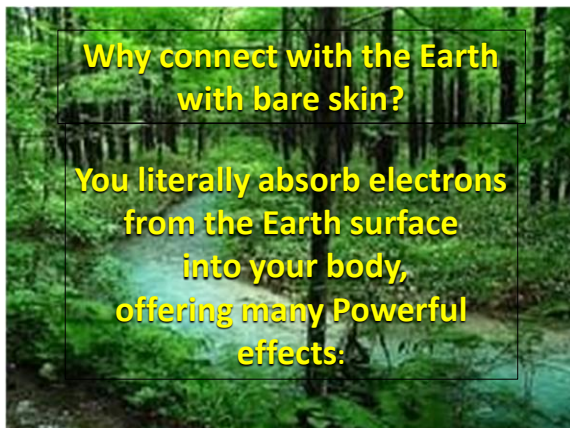
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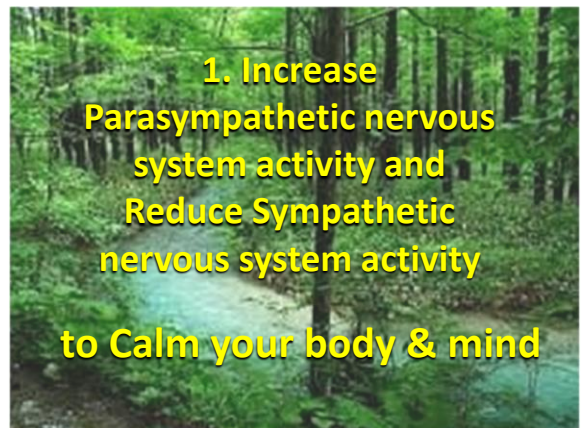


- Take off your shoes
- Savour the sensations
- Lay on the ground with as much bare skin touching the Earth as possible
- Spend at least 10 minutes connecting with the Earth
- Let nature enter through your ears, eyes, nose, mouth, hands and feet.

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Your Nervous System

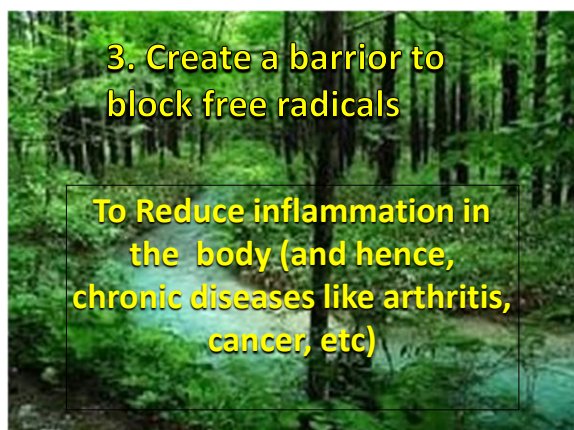
The diagram illustrates the Autonomic Nervous System Response. At the top, it says "AUTONOMIC NERVOUS SYSTEM RESPONSE". Below this, the Sympathetic Response is shown as "FIGHT OR FLIGHT" with a cartoon character running and boxing. The Parasympathetic Response is shown as "REST & DIGEST" with a cartoon character sleeping. The text "(PEACE)" is written below the sleeping character.

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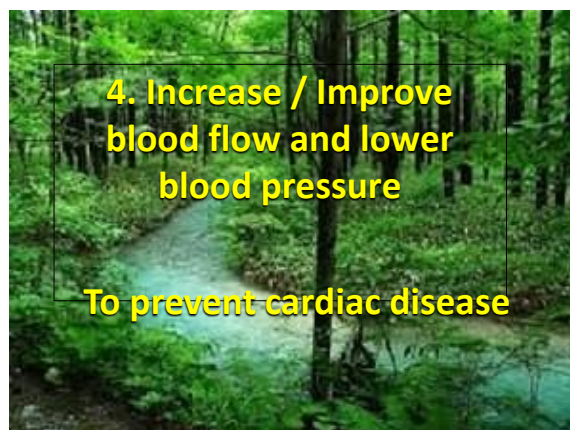
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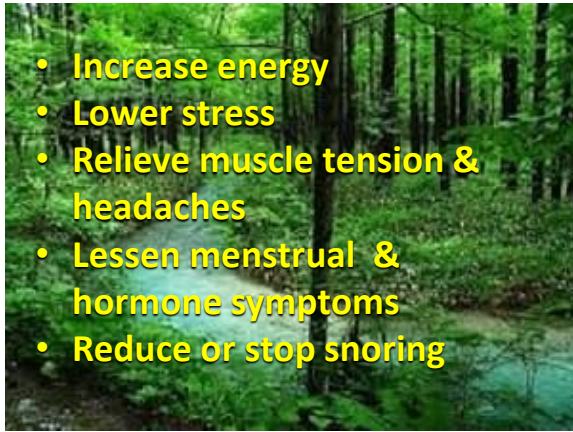
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Be sure to read your Resource handouts:

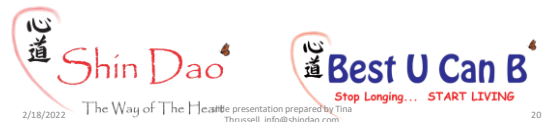
1. **How to do Forest Bathing and Earthing**
2. **Resources for Earthing**

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Forest Bathing & Earthing



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Shin = Heart
Dao = The Way

Shin Dao = The Way of the Heart



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The 12 Tenets of the Shin Dao – the Way of the Heart



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The Four Pillars of the Shin Dao



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