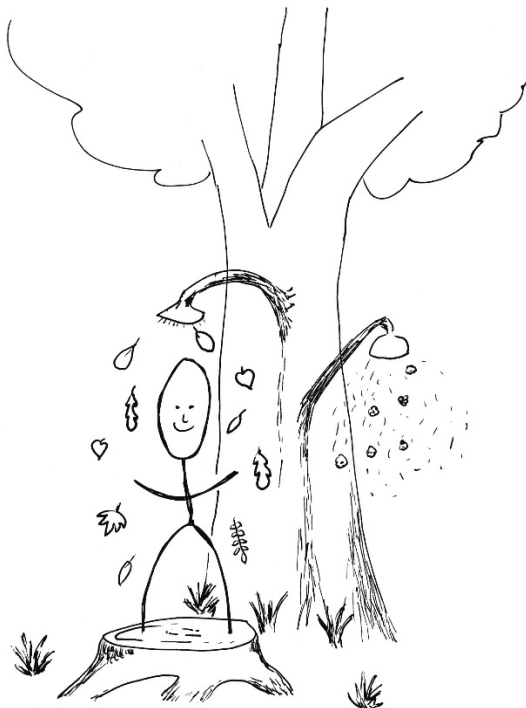


Forest as a place of relaxation

How do we apply it in forest coaching?



- We start with a mindfulness exercise.
- We take a leisurely walk through the forest.
- We use forest roads, paths, and trails.
- We observe trees, plants, leaves, roots and much more in the forest.
- We open our senses to perceive nature and ourselves more intensively.
- We linger at special locations where you perceive forest pictures corresponding to your concern.
- We look at these forest pictures, that I explain to you from a forestry point of view.
- We form with such metaphors bridges to your concern.
- We discuss, go into ourselves, do mindfulness exercises and exercises in small groups, draw, or learn an action approach.
- Everyone is free to participate in what they want. I don't let people hug trees or feel the ground. It is therefore not a forest bathing event in the narrower sense.

More in-depth information on forest bathing in the narrower sense

- [TED-Talk](#), by Yoshifumi Miyazaki, 2013, Tokyo (11 min, in English)
- Shinrin-yoku – the Japanese Way of Forest Bathing for Health and Relaxation, Yoshifumi Miyazaki, 2018, Aster, Octopus Publishing Group Ltd, London.
- The Hiking Therapy – Waldbaden - Wanderungen zu Kraftorten im Kanton Bern, by Robert Gallmann and Prof. em. Yoshifumi Miyazaki, 2022, Weber Verlag Thun. (The Hiking Therapy – Forest Bathing – Hikes to places of power in the Cantone of Bern)