

Website and /or Facebook Page - Photos above need crops to fit W 815 pix x W 315 pix

[About Kathleen](#) [Home/News Feed?](#) [About Forest Therapy](#) [Gallery](#) [Blog](#) [Projects](#) [Walks & Services](#)

(large photo is 794 x 315 pixels - portrait W 720 pix All need to be sized, 8 bit etc.)

What is Forest Therapy ?_{-(Or)} Forest Bathing?

It's not a drive through a forest,
nor a cardio workout.
We don't get wet.
Not fast, but slow,
keep our clothes on too,
bundle up if it's wet or cold.

Could words emerge from feelings?
Could silence feel just-right?
What if our art and expressions
shared an eagle's gaze?

Have you heard of Green Prescriptions:



Forest Therapy started in Japan, there known as *Shinrin Yoku* –
"forest bathing" / taking in the atmosphere of the forest.

It is part of a global effort to relieve the stress we face living in the modern world, a way to explore human and non-human relationships. Research started in Japan in the 1930's and gained momentum in the 1980's, during Japan's electronics boom due to an increase in auto-immune disease. Scientists sought to explain how nature proves to be powerful medicine for stress related dis-ease. They're discovering a variety of health benefits.

- reduced stress
- lower cortisol levels
- reduced blood pressure
- increased NK cell activity (natural killer disease-fighting cells)
- increased energy
- improved sleep and mood

You can find many research studies [HERE](#).

Most important of all: The forest is the therapist.

What is your life asking you to do?

Join me for a walk or series of walks at Ryerson Woods:

Let's explore relationships, the interplay of human and other-than-human worlds.

Join me – this winter into spring. (button)

(link to calendar with dates, times, places – (Button link) to reserve your place).

Let's explore the interplay of human and other-than-human worlds.

Why "Forest Immersion"?

I invite you to enliven all of your senses.

Delight in the details of a leaf, or twig.

Contact: Name

Email

phone #

Box for comments:

What brings you to ____ ?

Why does this interest you?

Quotes to use with more photos:

"Down deep at the molecular heart of life, the trees and we are essentially identical." Carl Sagan

"Those who are 'Nature-Wise' have an edge in today's world." Ronna Schneberger