

# EcoWisdom

*Discover the gift of your life through the healing power of nature*

## **About Forest Bathing**

Shinrin-yoku is a term that means "taking in the forest atmosphere" or "forest bathing." It was developed in Japan during the 1980s and has become a cornerstone of preventive healthcare and healing in Japanese medicine.

Forest bathing uses mindfulness and meditation techniques to open all five senses and connect with nature as a healing tool. Participants are guided on how to slow down, disconnect from technology, and take a break from life's daily stressors.

## **How it Works**

From a scientific perspective, forest bathing has been shown to relieve stress and anxiety, decrease depression, reduce blood pressure, improve sleep quality, and strengthen the immune response. Like yoga and meditation, it is beneficial to practice forest bathing with a group and be guided by a trained professional. After learning some basic principles, forest bathing can be practiced regularly on your own.

## **What to bring/wear:**

- I always recommend wearing clothes/shoes that you don't mind if they get a bit dirty—comfy walking shoes and also some layers. Sonoma County is notorious for fog, and the weather can change quickly!
- Water bottle with plenty of water. I would suggest you bring a small backpack if you have one.
- A sun hat and sunscreen are recommended.

## **What to expect:**

- Forest bathing is a very slow, mindful walk. We will practice regulating our nervous system by orienting to the rhythm and pace of the forest. I also offer some practices based on my training in meditation, somatic experiencing, and ecotherapy.
- We will be silent as we tune into the forest, but there will also be time for sharing and integrating the experience.
- We will not be hiking in the traditional sense - the total distance will be around a mile. We will be moving very slowly or sitting down most of the time.
- Openness, curiosity, and playfulness are all great tools to bring to this practice!

## **Questions?**

- If you have any questions or concerns for me before the experience, please email, call, or text me. My email is [jenny@ecowisdomwellness.com](mailto:jenny@ecowisdomwellness.com), and my cell is 415-254-4405.

**About Jenny Harrow-Keeler**, MA - Certified Nature Therapy Guide & Mindfulness Teacher - [EcoWisdom Wellness](#)

Jenny is passionate about leading individuals and groups on a journey of self-exploration and healing through her guided forest bathing walks. Her approach to leading forest bathing experiences is to share tools with participants to experience the benefits of mindfulness meditation through a guided nature connection experience designed to regulate the nervous system, evoke greater self-awareness, and enhance personal resilience. Her intention is to help participants open the gift of their lives through the healing power of nature. Jenny has a Master's Degree in Integrative Health Studies and is specialized in mind-body awareness techniques, stress management tools, health education, trauma-informed care, and ecotherapy.