

What to Expect in a Forest Therapy Session

Welcome to a journey of calm, mindfulness, and connection with nature.

Gentle Walks: Sessions are slow-paced and accessible — no running or strenuous hiking required.

Length: hike is approximately 1.5 to 2 km, few small hills

Sensory Engagement: Use all five senses – sight, hearing, smell, touch, taste (optional)

Mindful Reflection: Short guided exercises help you notice thoughts, feelings, and body sensations.

Quiet Time: Solo reflection moments to absorb nature's calm.

Journaling: Optional: Bring a small notebook and pencil to nature journal.

Connection: Safe, supportive environment — you can share or simply be present.

Duration: 1–2 hours

What to Wear: Comfortable, weather-appropriate clothing and footwear (no flip flops)

Bring: Water, hat, journal if you like, and a willingness to breathe and explore

Each session is designed to help reduce stress, boost mindfulness, and reconnect you to nature's restorative energy.

Nature awaits.

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