



# FOREST BATHING BASICS

**The Journey of Awareness & Well-Being**

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**Deep inside each of us is a seedling. Our work is to grow into the wild, tall tree.**

Anne Markham Bailey LLC 2022



## **ANNE MARKHAM BAILEY**

My role as a Forest Bathing Guide is to support and facilitate human beings in opening into awareness and out of the limitations of closed-loop thoughts. In the space of awareness, we can come into our fundamental connectedness with all of being, and we experience insight and healing.

# WHAT IS FOREST BATHING?

Forest Bathing is a guided immersion in nature, that benefits our physical and mental well-being. The immersion supports a deepened awareness of our connectedness, and this awareness is good for us. Although the Forest Bathing Guide offers is trained in this process, you can also benefit by following the instructions in this guide.

Forest Bathing is also called Nature Therapy, Eco-Therapy, and Forest Therapy. It originates in Japan. In Japanese, the term is Shinrin Yoku. The practice is a global movement, and is being prescribed to patients by physicians and mental health professionals. Many scientific studies show the wonderful benefits of Forest Bathing.



# PREPARE TO PRACTICE

Forest Bathing is flexible and is all about connection. With this view, you are encouraged to **shape the practice around who you are** - your body, your life situation, and your needs.

**Choose a comfortable spot.** This could be a spot in a yard, in a park, in a forest, on a porch, even inside with a plant, or where you can look out the window.

**Claim time for yourself.** Perhaps you communicate with your partner, family, or roommates that you will be claiming a block of time for your own. As well, engage the discipline of separating from your devices. The time and space to engage in the practice is a gift to yourself.

**Allow yourself about an hour** for the first session. Or if this is not possible, work with what is possible. Set a timer so that you don't have to check the time.

**Be safe.** Make sure that you are aware of potential dangers such as poison ivy and ant beds.

**Enjoy and appreciate this moment.** You are making a powerful way to support your well-being.

# HOW TO PRACTICE

- Once you've chosen your sit spot, set your alarm for the determined time, and simply sit in whatever position is comfortable for your body.
- As you sit in the sit spot, you might bring your attention to your body. What do you notice?
- What if you move your attention to the feeling of your body breathing. Do you feel the air as you draw it into the nostrils. Do you notice the temperature of the air as it enters the nostrils?
- You might move into noticing what you smell. When you allow yourself to smell, what do you notice? What about your sense of taste?
- When you open your awareness into the feeling of your skin, simply notice. What do you feel?
- If you move into the sense of hearing, what do you hear when you open into deep listening?
- Is it possible for you to soften the eyes and allow the visual field to enter your view?
- You might rest in this state of open awareness. Thoughts will enter, of course. In fact your mind may be rebellious about this practice, and that is so normal. You can simply move back into the feeling of being a body breathing, and move back into the communication of the senses.

# THE BENEFITS

Forest Bathing supports our well-being and scientific studies have discovered many benefits of the practice.



**Lowers blood pressure**



**Increases immune function**



**Increases feelings of optimism**



**Increases feelings of connection**

Learn more at  
[www.annemarkhambailey.com/forestbathingfaqs](http://www.annemarkhambailey.com/forestbathingfaqs)



# START THE JOURNEY.

To explore more about Forest Bathing, and how it can benefit you, your family, and your organization, reach out to me today, and let's arrange a chat.

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