



THE
FOREST
BATHING INSTITUTE

FOREST BATHING+
NURTURING NATURE IMMERSION



WHAT IS FOREST BATHING?



Forest bathing, or shinrin-yoku, refers to spending immersive time under the canopy of trees for the benefits of health and well-being.



The concept was developed in Japan in the 1980s as a type of preventative health care to combat techno stress, and now with 60+ forests approved for forest bathing in Japan alone, as well as plenty of emerging worldwide research, forest bathing is spreading rapidly throughout the world.

FOREST BATHING+

Forest Bathing+, as defined and practised by The Forest Bathing Institute (TFBI), aims to maximise the therapeutic effects on all-round health of spending time in nature. It is heavily based on Japan's forest bathing, yet also involves different elements from other fields of science, such as the importance of the quality and age of the woodland in which we spend time, the tree and plant interconnections, as well as holistic practices taken from yogic techniques, meditation, mindfulness through our senses, earthing, and others.

Forest bathing has been used by millions of people across the world to alleviate symptoms of stress, depression and anxiety.

Other benefits can include:

- improved cardiovascular health
- weight loss
- blood pressure regulation
- strengthened immune system
- lowered blood sugar levels
- attention and memory

FOREST BATHING+ SESSION OVERVIEW



WHAT HAPPENS DURING THE SESSION?

FB+ sessions consist of a slow walk in carefully selected woodland where participants are guided through a series of calming mindful sensory exercises designed to maintain a connection with nature throughout the session. The session concludes with a guided seated/lying mindfulness component.

This calming and relaxing practice has been **scientifically proven** to have beneficial and lasting therapeutic effects.

HOW LONG DO THE SESSIONS LAST?

Each Forest Bathing+ session lasts around 2 hours and involves a slow-paced mindful walk in beautiful woodland. We can adjust the session length depending upon organisational requirements.

HOW MANY PEOPLE ATTEND EACH SESSION?

We can cater to groups of any size. We work on multiples of 10. We will need to send one team member for a group of up to ten and two team members for a group of up to twenty. We have a large team of highly trained guides and can cater to multiples of 20. Our work has a personal element, so we do not advise that any group is larger than twenty. We can, however, run multiple groups of twenty simultaneously.

WHERE DO THE SESSIONS TAKE PLACE?

We run both public events throughout the UK as well as government Funded Projects working with charities to deliver Forest Bathing sessions to those most in need. We work closely with many organisations and landowners throughout the UK including the National Trust, Forestry England, the RSPB, County Councils, Borough Councils and many other organisations and landowners. We can find a location suitable to your requirements throughout the UK.

Previous participant feedback

"Found it very therapeutic, something different, loved the peace and quiet".

"It's been really good to get out as I don't normally do so. It stopped me thinking about the things I normally worry about"

THE FOREST BATHING INSTITUTE (TFBI)



ABOUT US

TFBI is the leading FB+ training, research, and event organisation in the UK. Our system of forest bathing is peer-reviewed and has measured clinically proven benefits in the UK. TFBI has an extensive guide training programme that takes around 18 months to complete involving; 8-days of theory and practical training, practical assessments, and two written exams. Over 50 guides have already been trained with a similar number in training.



TFBI EVENTS

We have a team of qualified Forest Bathing Guides who run FB+ events across the country with regular publicly attended events held across England. The aim of these events is to improve the health and wellbeing of participants.

TBFI AWARENESS

We work closely with governmental departments, wildlife charities, landowners, and the media to grow awareness of the benefits of Forest Bathing and highlight the importance of conservation of woodland environments for human health.



RESEARCH

TFBI is dedicated to ensuring that the Japanese scientific studies into Forest Bathing can be replicated and expanded upon across the UK and Europe. In 2019, TFBI in partnership with researchers from the University of Derby carried out the first scientific research study of FB+ on psychological wellbeing and mental health. The [research paper](#) has now been published and showed that FB+ has positive effects on human physical and mental health, especially in enhancing immunity, treating chronic diseases, regulating mood, and reducing anxiety and depression.

THE FOREST BATHING INSTITUTE (TFBI)

WHAT OUR CLIENTS SAY

From both a 'company' perspective but also an individual one I can't thank you enough for what was a truly special event.

To be able to share such an experience with the team and to have gone on the journey together has undoubtedly brought us closer together. Experiencing something as special as this and to be able to talk about it to others who were with you means that the learnings and appreciation can be felt long after the event its self. We have continued to discuss our experiences and personal 'take away' which if with a group of strangers we may not have had that benefit. Lucy

Hi Gary,

We just wanted to say a huge thank you to you for all of your help and support - you have been amazing to work with👏👏Everyone thoroughly enjoyed the forest bathing session. I have had comments that Forest walks feel extra special after experiencing forest bathing. Abbie

CONFIDENCE IN TFBI

Uniquely, multiple universities have tested our work and have measured benefits to 12 areas of well-being. Our peer-reviewed papers (available via the website) give peace of mind to our clients that their investment in our services will provide positive results for their employees.

COST-EFFECTIVENESS

Comparing our results to similar activities highlights our keen pricing point (data available). We have costed our offerings highly competitively to ensure a greater reach, thus bringing the benefits of mindfulness and nature to more significant numbers of people and organisations.