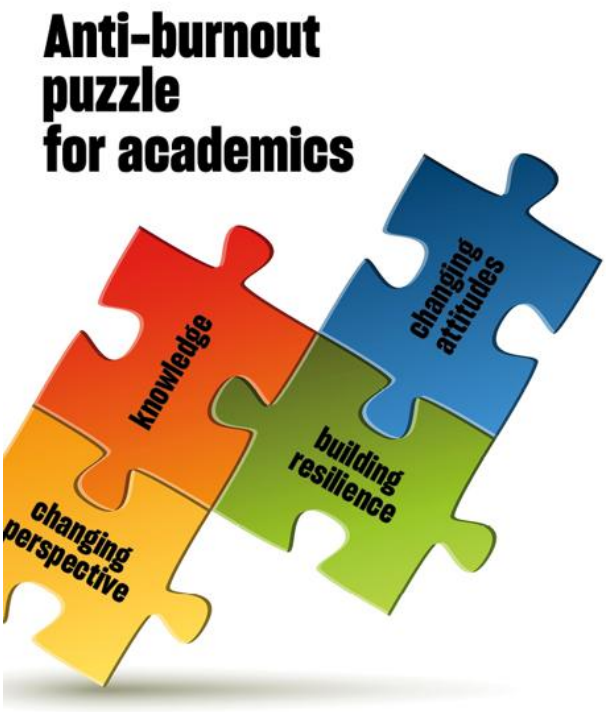

Forest bathing in the prevention of burnout

Walk scenario

Author:Agnieszka Boruta

FOREST BATHING SCENARIO

DATE: .....
(in the scenario 10 min in reserve for contingencies)
WALK PARTICIPANTS: 12-PERSON GROUP OF HEALTHY ADULTS
PLACE: .....
GUIDE: AGNIESZKA BORUTA (RELATIONAL ECOTHERAPY INSTITUTE)

1. **SCENARIO:**

Meeting place: parking lot on Świerkowa Street, near Junacka Street.

INTRODUCTION (15 minutes)
Surveys

The group enters the forest and walks towards the nearby hiking shelter (about 5 min walk). This is where the start of the walk takes place.

INTRODUCTION (15 minutes)

The guide invites participants to stand in a circle and addresses them:
- welcoming the group
- introducing herself as a guide
- a few words about the beneficial effects of being in the forest on the human body
- introduction of the concept of *forest bathing* / shinrin-yoku, information on what a forest walk is and what it is not
- information on the structure and principles of the walk (including the introduction of the concept of "talking stick")
- how the "talking stick" works -> the first circle + the principle of voluntariness (what's your name, how do you feel now)
- briefly on walking health and safety
- a few words about the place where the walk takes place

We are in the Mokrzansky Forest (until 1945 called Muckerauer Wald, later briefly functioning as Mokrsko Forest). This is the largest forest complex within the administrative boundaries of Wroclaw. It occupies 551 hectares and is located on the northwestern edge of the city (north of the Leśnica estate, in the area of the Mokra and partly Marszowice settlements, as well as in a small part in the out-of-town areas belonging to the Miloszyn hamlet of the village of Wilkszyn). In the western part of the Mokrzansky Forest is located the highest natural elevation within the city limits (unnamed, 148 meters above sea level.) In addition to it, on the slightly undulating terrain of the Forest, there is Twaróg Hill (129 meters above sea level, formerly called Quarkberg) and Wilkszynska Mountain (135 meters above sea level), which already lies outside the city limits. The Łękawica River and several smaller streams flow through the Mokrzański Forest. The entire area of the Forest is humid, covered with stands of the oak-hornbeam and elm-hornbeam type, with a predominance of pedunculate oaks, with black alder also growing in wetter places; in addition, there are plantings of pine, spruce and acacia (acacia robinia). In addition, the Forest's stand includes common beech, red oak, common hornbeam, sycamore, ash, small-leaved linden, poplar, and in the undergrowth, generally well-developed and even very dense - among others, large-flowered starflower, lily of the valley, common orchid, grove scabious.
There was a restaurant "Waldschlößchen" ("Forest Castle") on the territory of the Mokrzansky Forest in 1900-1945. Today only the ruins of its foundations remain, located by the road in the middle of the forest. A hiking (green) and bicycle (blue) trail runs through here.

In a moment I will invite you to cross the so-called "gate of the forest" - we will walk between these two trees; let it be a symbolic crossing of the boundary between everyday life full of various thoughts, worries and errands and the time "here and now" - a time of reflection, tranquility and

deep contact with nature. Once we are "on the other side," I invite you to follow me in silence to our first stopping place. Silence is important because it helps you achieve a state of deep relaxation, focus on the present moment, listen to the forest and to yourself. These were the words of Richard Kapuscinski that I was reminded of recently:

"Words have become scarce. They have multiplied, but they have lost their value. They are everywhere. There are too many of them. They tingle, they swirl, they torment like a cloud of insistent flies. They are deafening. So we long for silence. For silence. For wandering through the fields. Through meadows. Through the forest that hums, but does not chatter, weave or tock."

So I highly recommend immersing yourself in silence, and I encourage you to speak in our circles :) So let's go through the magical gates of the forest and continue walking with a slow step. During this unhurried walk you can observe and feel what the forest is like today. I invite you :)

The guide with participants approaches the "gate of the forest" (threshold of disconnection).
The guide and participants cross the "gate of the forest".

An unhurried walk.

FIRST ACTIVITY (15 minutes) - BODY SCAN.

The group stops at the location of the first activity.

The guide invites participants to stand in a circle and assume a comfortable position.

Activity: conscious breathing, body scanning and introduction to activating the sense of sight (guide leads participants by voice)

You are invited to stand/stand comfortably, in a position that makes you comfortable, and close/close your eyes.

Breathe steadily, calmly through your nose. Feel your abdomen calmly rise on the inhale and your lungs fill with air. On the other hand, when exhaling, the abdomen quietly lowers and tension drains from the body. Take several such mindful and conscious breaths.

Direct your attention to your feet. Feel how they stick to the ground, how they touch it. You can move your toes or your whole foot to feel the ground you're standing on beneath the entire surface.

Then redirect your attention to your calves - knees - thighs. For your whole legs. Feel how they keep you on the ground and in space. If you want, you can gently and slowly move them back and forth, left and right, to see how solidly and firmly they hold you upright. If you feel any tension in them, try to relax them.

Now focus your attention on your buttocks and lower abdomen. You can gently tense and relax the muscles of this part of your body a few times, and finally let them relax freely.

Now shift your attention to your abdomen and navel. This is your center. You can try breathing into your abdomen. On the inhale, try to bring your entire abdomen forward, filling it with air, and on the exhale, let the air out of it - let it deflate like a punctured balloon.

Next, focus your attention on your back and chest. You can repeat the deep breaths and try to feel how, when you inhale, not only your belly puffs out filling with air, but - along with it - your chest does too, and the inhaled air slightly expands the border of your back. Feel all the vertebrae in your spine and your ribs - they build your body, and your body holds you and carries you through space.

Now redirect your attention to your right hand and right palm... to your left hand and left palm. Feel the air and the touch of the wind on their exposed parts. If you want, curl your hands into fists a few times, then stretch them out, or you can wiggle your fingers and even slightly rock your whole hands - forward, backward, side to side.

Now direct your attention to the neck, nape and the whole head: chin - mouth - right cheek - left cheek - nose - right eye - left eye - right ear - left ear - forehead. You can - without opening your eyes - try to tense your facial muscles imitating a wide smile and squinting, then relax them... and so on several times. At the very end, leave all the muscles relaxed.

Now relax your whole body. Breathe steadily and calmly through your nose. Feel how on the inhale your breath flows from the bottom up - from your feet to the top of your head, and with the exhale it returns towards the ground, towards your feet. Imagine how, on the inhale, the air with oxygen and energy reaches all the tissues passing along the way... and on the exhale, a wave of relaxation travels from the top of your head to your feet, as if sweeping all fatigue and stress from your body.

Feel the peace and deep relaxation.

And now - still with your eyes closed - you can slowly turn in any direction. Try different body positions, turn your body in a direction that somehow attracts you, and stop. In a moment I'll ask you to open your eyes and capture, as if in a stop frame, what you will see as soon as you open them. Imagine it to be a painting or a photograph. Pay attention to the colors and their shades. On the shapes and structure of what you see. On the whole composition. Choose from what you see an element whose color, shape and structure you like best and remember it... and let the memory of it keep you in this landscape. Note... Take three deep breaths in and out, then slowly - when you are ready/ready - open your eyes.

(pause for experience)

The guide invites participants to the next activity.

SECOND ACTIVITY (15 minutes) - SENSE OF SIGHT.

Microscopic view. Participants activate the sense of sight. They observe exactly what they can see in their immediate surroundings (front, back, right side, left side, under their feet, above their head). They can use magnifying glasses for this, which the guide distributes to them.

You are now invited to take an unhurried walk. We will walk slowly along that path in that direction, I will be at the front, and you will follow me at your own pace. You can stop, crouch, you can even sit down for a while. As long as you don't lose sight of the group. The idea is for you to look at the forest in its micro version, to look at its smallest details. You can use those little magnifying glasses for this :) It can be something on the ground, in the litter, but also something above your line of sight. You can look at a beetle tromping in the sand, or peer down from underneath a leaf hanging on a tree branch. Don't be shy, explore :) During this exercise we will be crossing an asphalt road, I will then increase vigilance and strengthen attentiveness, but I strongly urge you to also take care of your safety at this point. Then we will come to the wooden shrines, where we will stop, and you will have some more time for this exercise. Of course, you can also focus your attention on the shrines, they are part of this landscape, its history, they make up this place just like the forest, they are also innate in it :) If someone for some reason does not feel this invitation, just try to relax with a slow walk :) After 15 minutes, I will summon you with a sound imitating the hooting of an owl. Here we go, you are invited :)

The guide sets off, the group follows her.
Participants explore the surroundings.

As the activity comes to an end, the guide calls the participants back with a hooting owl. **She gathers the participants in a circle and offers an exchange of reflections on the activity just completed ("I notice...")**. Then - in the same circle - the guide invites participants to the next activity.

THIRD ACTIVITY (5 minutes) - MINDFUL WALK

Mindful walk. The guide invites participants to walk slowly and mindfully.

You are now invited to take an unhurried walk, we will walk at a very slow pace, you could say at a "snail's pace" :) I - as usual - will walk first, and I ask you not to overtake me - you may get carried away, because we are not used to such a slow step - but the point is that this extremely slow pace will give you the opportunity to observe your surroundings very carefully. Look at what you see in front of you, behind you, to your left, to your right, under your feet and above your head. Pay attention to the appearance of this place, this forest. Maybe something will make you exceptionally curious? Maybe you will mature something that you would not have matured by walking here at a much faster pace? We will be crossing a tiny wooden bridge, please be careful then, because it may be slippery in places, after which it will be uphill for a moment, but only for a moment and then we will stop :) I invite you :)

FOURTH ACTIVITY (15 minutes) - SENSE OF HEARING

Participants stop on a hill. The guide invites them to activate their sense of hearing.

You are invited to choose your own private space somewhere in the immediate area :) Walk around here for a bit and if a place beckons you or you particularly like it, stop there. You can stand, sit, or even lie down. Once you've made yourself comfortable, I encourage you to listen to what the forest is saying to you. Try to listen to its story. Try to distinguish between those sounds that are close to you and those that are far away... and perhaps those that are in the middle... sounds that come from above and those that can be heard closer to the ground... If someone prefers to just relax without straining his ears, he can of course do so. This stop will last 15 minutes, and after this time you will hear the owl again in my performance, which will call you to the place where I will be waiting for you. I invite you :)

The guide is waiting for the participants a piece further on, at the edge of the forest.
This is the beginning of a vast bright clearing overgrown with several large healthy trees. **The guide gathers the participants in a circle and offers to exchange reflections on the activity just completed ("I hear...").** Then - in the same circle - the guide invites participants to the next activity.

FIFTH ACTIVITY (15 minutes) - SENSE OF TOUCH.

Participants are invited to activate the sense of touch. The guide invites participants to close their eyes and stretch their joined palms out in front of them (the inside of their palms facing upward), and then on the palms of each participant she places two forest objects collected from the ground in this forest just before the walk (pinecones, pebbles, leaves, sticks, pieces of bark, bird feathers, twigs with leaves and fruits, twigs with needles, fruits of pedunculate and sessile oak).

I now invite you to close your eyes and stretch your joined hands out in front of you, with the insides facing up. I will place on them for you two forest objects that I collected from the ground here in the forest, this morning, before our walk. Don't be afraid, they are not dangerous, but if anyone does not want to take advantage of this invitation, feel free to tell me, because as I said, all our activities work on a voluntary basis :) Once you feel the forest objects on your hands, try to touch them and through touch feel what shapes they have, whether they are small or large, smooth or rough, soft or hard, heavy or light, whether they have any hollows, bumps, protruding or hidden elements, and if so, are these bumps harmonious, repetitive, or random, disorderly...? What kind of color, colors can these objects have? Try to guess what they are...? You can put them to your cheek, or even touch them with your lips. If you want, you can add your sense of smell and even taste to this exploration - you can put these forest objects to your nose and see if they smell somehow, and if you are brave - you can touch them with the tip of your tongue and even lick them. You will probably sense that these two objects are similar, sometimes even very similar, but... are they the same?.... Check :) I invite you.

After a while, the guide invites the participants one by one to share aloud their thoughts about what they are holding in their hand (she says she will walk up to each one and lightly touch their arm - then the participant will know that it is their turn to speak - if they feel like it). The participant then invites the participants to open their eyes and look at the objects held in their hands. After a moment, she asks participants to return the objects to the forest and **offers to exchange reflections on the activity just completed ("The forest to the touch is...")**.

The guide then invites participants to follow her along the wide forest path.

SIXTH ACTIVITY (15 minutes) - SENSE OF SMELLING

After several minutes of walking kept at an unhurried pace, the group stops at a river in the forest. Participants are invited to activate their sense of smell.

You are now invited to find a place where you feel comfortable. It can be on one side of the road or the other - by the river or in the forest. However, remember not to get too far away and to keep the group in sight. Once each of you has found your spot, you can lie down or sit or just stand there. You can close your eyes. Try to smell what the forest smells like. What aromas are you able to pick up? Which smells are definitely stronger and which are much weaker? If you want, you can change the position of your body and explore the immediate area in your chosen spot. You can smell the bark of a tree, the ground, leaves, maybe a pinecone or some flower. So we get our noses ready and start sniffing :) If someone doesn't feel like entering into this invitation and prefers to just relax during this time, let them follow it :) After 15 minutes I will summon you with the voice of an owl. Invitation.

The guide moves a piece further away, stands on the road and gathers the participants with her at an agreed moment. **The group stands in a circle, and the guide offers to complete the sentence: "The forest smells..." (the order of statements is arbitrary)** Then - in the same circle - the guide invites the group to walk a piece further. The group goes to the place of the next activity.

SIXTH ACTIVITY (15 minutes) - RELATIONSHIP IN NATURE

The group reaches a ravine.

The guide invites the participants to the next activity. It will be looking for the interrelationships taking place in nature between the entities that make it up.

I now invite you to each find your own place in this space and observe the interrelationships between the elements and entities that make up this landscape. It could be an insect traversing the bark of a tree, a beetle in the mulch rolling a leaf, a fungus on a mossy trunk, a woodpecker tapping on a tree... You are bound to encounter a myriad of relationships forming here. I encourage you to imagine the history of this mutual relationship: how these parts of nature met, how they coexist, what might happen to them in a while...? If someone just wants to calm down and relax instead of spinning forest stories, they can of course do so :) After 15 minutes, I will hoot like an owl as a sign of the end of the activity, calling you back to yourself. Invitation.

The guide leaves space for participants to enter the activity and moves away slightly. When the allotted time passes, the group gathers around the guide and forms a circle. **The guide suggests that this time whoever feels like it shares their experience of relationality - telling about their experience.** Then - in the same circle - the guide invites the next activity.

EIGHTH ACTIVITY (20 minutes) - RELATIONSHIP WITH NATURE: PARTICIPANT VS NATURE

This time I invite you to look for your relationship with nature, with this forest. I would like to suggest to you to stop by a tree that calls you, attracts you, by which - with which - you would like to spend some time. Stand by it or sit next to it or lie down close to it. Close your eyes and try to breathe with this tree. Enter into a relationship with it, into an exchange. Maybe something will happen between you, happen. Maybe you will hear each other, maybe you will feel each other's breaths. If you want, you can leave your secret to the tree. I will give you such small pieces of paper and pencils to write down what you want to entrust to the tree, you can leave this piece of paper in some small hollow or put it behind the detached bark or bury it in the ground right next to the tree. If you prefer to whisper your secret to the tree instead of writing it down, please do so. If, on the other hand, you are not feeling the invitation, just indulge in dolce far niente, or sweet laziness :) Or if you are summoned by another entity creating this forest, not necessarily a tree, follow that voice. The most important thing is to feel yourself in comfort with this landscape: what kind of relationship is it? I foresee 20 minutes for this activity, after this time an owl will call back, from another, but not far away place :) I invite you.

The guide moves slightly, the ravine ends, she turns left twice (the paths are very close together) and enters the forest. As the participants indulge in the activity, the guide fills the teapots with previously prepared tea (a mixture of lime, mint and lemon balm) and places them on an overturned mossy tree. The tea is warm, transported in a thermos.

When enough time passes, the guide returns to the path and retreats a piece towards the group. She stops and beckons the participants by imitating the voice of an owl. **The group forms a circle. The guide suggests developing the thought "I in the forest, the forest in me... - the story of my forest exchange".** Then - in the same circle - the guide invites participants to follow her to the place of the next activity. This will be a deepening of contact with nature through a relaxation-visualization-meditation exercise appealing primarily to sensory experiences, but also stimulating the imagination, and more sensitive participants may be transported into the spaces of their spirituality.

THE NINETH ACTIVITY (20 minutes) - "IT DEPENS" ACTIVITY

Now, dear ones, I invite you to spread out your mats in a circle, in such a way that each of you can spread your arms out to the sides. Lie down on them so that your heads are facing the center of the circle. Look for a comfortable position, and once you find it, I encourage you to close your eyes.
(Participants mope on the mats)
I will now guide you with my voice, it will be a bit of meditation, a bit of visualization, and definitely relaxation :) When addressing you, I will use the second person singular (i.e. "you"), this way this journey will become more personal. It will last about 15 minutes, and at the end you will hear a specific sound, which will mean that the activity is over (for now I will not reveal what the sound is, so that you will have a surprise :)). In between, I will take sometimes shorter, sometimes longer breaks, during which you will have time to experience in silence what I will be inviting you to do with my voice.
(In the meantime, the participants will sit down).
Are you ready? We'll start in a moment.
(short pause)

Breathe calmly through your nose, at your own pace.

Imagine that with each inhalation you are letting in what serves and supports you, and with each exhalation you are getting rid of what you no longer need, but which may be of use to others. You can imagine that you inhale the oxygen produced by the trees and the beneficial essential oils they emit, and you exhale carbon dioxide, which you give to the trees that need it. And in this way you exchange. You can also inhale every positive thought that comes to you, every good emotion, maybe even some emotion... and you exhale what weighs you down, what limits you, even overwhelms you - what no longer serves you and what you no longer want. You can leave it here. It will unfold, sooner or later for sure :)

Breathe calmly with your eyes closed and indulge in this exchange for a while.

Now I invite you to focus on what you are hearing. What is that concert around you? What is the music? Can you pick out from all these sounds one that is closest to you? The sound you like best... will you follow it? Maybe it's the song of some bird or the sound of trees in the crowns of pines or the sound of crackling branches and falling twigs? Or maybe you have just changed/shifted position slightly and a pinecone lightly rattled under your mat? Or maybe you hear the hooting of an owl somewhere in the distance or here somewhere close the clatter of a working woodpecker? Or someone next door sighed? Or maybe it was you who heard/heard your breathing?..... And suddenly the grasses around you rustled louder?

Listen. Listen to the story of the place.

Now check out how the place smells. Maybe you can smell the flowers blooming behind you? Or the intense pine aroma? Or maybe the smell of resin or wild mint? Or maybe you smell some unpleasant odor? Maybe something is rotting and decaying? But piercing through it is the distinct scent of scarified earth that you want to fill your lungs with?
You can try breathing with your nose and mouth at the same time to intensify your sensations. ***Will you try it?***

And now you can stretch your hands out in front of you or to the sides - maybe there is a tree standing or lying somewhere close to you, and you are able to touch it? Or maybe the tree's feet, or its branches are poking through from underneath to the surface of the ground, and your hand is able to muss it? Or you can simply touch what is in your immediate vicinity with your hands. What do you sense under your hands? What kind of shapes? Are they soft or hard, smooth or rough? Cool or warm, warmed by the sun? What could it be? You can pick up an item from the ground and, without opening your eyes, apply it to your cheek, or even touch it with your lips or bite it. ***Explore, try it out.***

Now imagine, without opening your eyes, what this place might look like. What is growing here... what is blooming and what has already bloomed... what animals live here and how they might be with it... what colors this place has now... what is the forest like.... What do you think might happen here when there are no people here? For example, after sunset or at dawn? Imagine that you also live here, that you are part of this landscape. That this is your home. Maybe you're a tall pine tree that sees so much more than the clearing we're in now... or maybe you're just its pinecone, lying on the path and knowing what it's like to be both up and down... or maybe you're an overturned birch tree, covered in moss and lichen, offering countless corridors to the ants wandering through it... maybe you're sand, maybe a stone, maybe a woodpecker's feather, maybe

an acorn with a cap?... or maybe a butterfly, a beetle, a frog, a deer, a squirrel.... Imagine what color you are.... shape ... size. Do you have paws or rather roots.... Do you stand still or can you move.... And if it's time to rest, do you roll your petals into a thin roll and go to sleep, or do you curl up in a ball in your burrow and start dreaming dreams?....

(pause)
Breathe calmly, through your nose. You don't quite know yet if you were just dreaming something, or if you are still in some forest fairy tale. However, you begin to feel that you have two feet that you can move, two long legs that you can bend, and they in turn connect you to the whole body, from which grow two arms ending in hands and - at the very top - a head. You are a human being... one of several million species inhabiting our planet. As a human, what can you give to Mother Nature...?
(pause)
After a long moment, the guide moves the koshi bells and the space is filled with their pearly sound. The guide walks among the lying participants moving the bells. After a while she returns to her place, sits down and the bells go quiet.

(Pause - time for participants to return to reality)

THE TENTH ACTIVITY (20 minutes) - INTEGRATION

The guide invites participants to get up and move a piece further away, where tea in teapots (set on a long mossy fallen tree) awaits them.

The guide invites participants to answer two questions: "What did the forest give me today?" and "What did I give / give to the forest today?" (voluntariness applies throughout). At the end, the guide proposes:

And now let's exchange one last time a reflection on the walk. You can finish the sentence "The story of my walk..." or simply share your emotion, feeling, experience, reflection. Does anyone feel like starting? :)

After drinking tea, the group gets ready to go back. The guide points out two trees growing next to each other separated by a path ("the gate of the forest"). She says that by passing between them, the group will symbolically cross the threshold of reincorporation and at this point the walk will end.

The group passes through the "forest gate," enters the path and returns to the wide linden avenue, and from there to the parking lot.

END (15 minutes)
Surveys

2. ADDITIONAL INFORMATION:

- length of the route: about 2 km, it takes about 30 minutes to walk this distance with an ordinary step
- terrain on the route: there are elevations and depressions in the Mokrzansky Forest, often encounter differences in elevation here, the highest elevation is 148 m. However, the route of the walk is not difficult. Most of the route covers flat terrain, there are only two ascents (one with a slight incline, the other with a considerable slope) and one gentle descent down a semicircle.
- mobile range: present
- toilet: there is at the parking lot (toi toi)
- trash garbage can: there is by the parking lot
- diversity of vegetation: stand of oak-hornbeam and riparian type, with a predominance of pedunculate oaks, black alder also grows in wetter places; in addition, there are plantings of pine, spruce and acacia (acacia robinia). In addition, the Forest's stand includes common beech, red oak, common hornbeam, sycamore, ash, small-leaved linden, poplar, and in the undergrowth, generally well-developed and even very dense - among others, large-flowered starflower, lily of the valley, common orchid, grove scabious.
- The degree of noise: since this is an urban forest (on the outskirts of the city, but nevertheless within its borders), you can hear buses and cars passing by on the asphalt road, but the traffic is not intense and you can get quiet :) You can also hear people, but for the place of the walk I chose the part of the forest that is less frequented, besides, it will be 9:00 am and the middle of the week (more traffic starts around noon, when we will already be approaching the end of the walk)
- access to water: there is (Łękawica stream and other, smaller ones)
- background sounds at the time of the walk: birdsong, water noise, falling branches, noise of trees, sometimes we can hear vehicles passing on the asphalt road
- access for ambulance: unproblematic (all the time we will be near the main forest road, there is also an asphalt road nearby)
-
- before the walk, an email will be sent from the participants:

Hello Dear All,

I would like to invite you to the forest bath, which will be held on the date and time
I am very much looking forward to this meeting :)
Below I send the necessary information.

***Meeting place**: parking lot on Świerkowa Street, near Junacka Street.*

***Start:** 9:00 am*
***End**: about 1:00 pm*
***What to pack (it is best to take a comfortable backpack and pack everything into it, so that your hands are free)**:*
- something to drink + snacks/sandwiches (depending on individual needs - we will be in the field a couple of hours)

- a mat to sit/lie on and/or a blanket (in the relaxation part I will also offer a reclining activity, please take this into consideration - of course, adopting this position will be completely voluntary - although I recommend it, as it provides maximum relaxation)
- appropriate clothing and repellents (to protect yourself from ticks, mosquitoes, midges)
- covered shoes (preferably off-road)
- rain jacket in case of rain
- headgear if necessary

We will cover about 2 km on foot, we will stop frequently.

***Recommendations**:*
During the walk, you can not consume (and be under the influence of) alcohol and psychoactive drugs, smoke cigarettes, including electronic cigarettes. Possible "pre-walk cigarette" is recommended to smoke before the meeting. Forest olfactory sensations and clean air around are very important, unfortunately nicotine smells quite strong.
During the walk, it is recommended to stay a short distance from the walker. Let's be attentive to each other.
Let's be sure our phones are charged. Let's mute them, but leave them vibrating, just in case.

***Can photos be taken**:*

You can, though in moderation :) it is important to feel the forest as deeply as possible. I know from practice that taking photos too often can be distracting. But it is as ok as possible if we have the need to take a picture. I will ask you at the very end to take a picture together to document our walk.

***Precautions, legal restrictions**:*

By confirming your attendance at the event, you simultaneously acknowledge your personal responsibility for your safety and accept that the organizer is not responsible for any accidents that may result from excursions in the forest environment, possible allergies, stings, bites or illnesses associated with them or any other illnesses you have. I kindly ask you to make sure you have proper prophylaxis, clothing, repellents, check your body thoroughly after a walk. It is already the time of year that no insect should threaten us, but if any of you are extremely sensitive, please take care of yourself. If any of you should have any medications with you - please remember to bring them with you. You undertake all activities related to the workshop in the forest at your own risk. It sounds serious, but sound it must :) Of course, during the walk we will be attentive to each other.

***Additional information**:*

In order for the forest bath to have the most benefit for you, we will keep conversations to a minimum - speaking will be done in circles and at the very end during the closing activity. Try to take your mind off thoughts of current affairs/daily concerns. What matters is the "here and now." Do not have expectations. Let yourself be guided by the guide.... but most of all Nature :) Our goal is to cleanse ourselves of what hinders us and open the flow of new supportive situations.

Forest bathing is not a race, we will switch to slow mode. Don't get ready for a nature walk either, during the bath we won't be identifying birds by their singing or plants by their leaves, measuring trees or documenting the flora and fauna found along the route. Our main activity will be to relax, unwind and calm down :.... being closer to yourself and your emotions.

Cost: *Free event.*

In order to communicate more efficiently I am sending my phone number: *XXXXXXXXXXXXXX*

I would very much appreciate it if you would send me your phone numbers in response to this email - for more efficient organization and for security reasons.

It is beautiful in the forest now.

My warmest greetings and see you soon.
Should you have any questions or concerns, please write / call :)

Agnieszka Boruta

certified forest bathing and forest therapy guide
member of the Polish Society of Forest Bathing and Forest Therapy
ecopsychologist
ecotherapist
forest educator