

Thank you for attending the session today. I would love to hear your feedback - please use the QR code opposite to access the form. Please also see below ideas on how to incorporate forest bathing into your daily life

Woodland of Reflection Forest Bathing - Self Led Practice

I invite you to slow down and meet nature as a mirror—of your senses, your thoughts, and your inner stillness. In August, the woodland holds a particular kind of quiet abundance: leaves are at their fullest, the light is golden and low, and the pace of growth softens as summer begins to tip toward autumn. It's a time when nature invites us to pause, take stock, and listen more deeply. This session offers space to awaken your senses, connect with the more-than-human world, and gently reflect on where you are in the unfolding of your own year.

Remember to dress appropriately for the weather conditions. If cold, layer your clothing: Wear, insulating middle layers, and waterproof outerwear. Keep moving when needed: Whilst Forest Bathing is about stillness, move slowly and mindfully to prevent getting too cold while maintaining a relaxed pace. If warm, do take additional clothing as it can be cooler under the tree canopy and remember to stay rehydrated.

Invitation 1: Awaken the Senses (15 min)

Wander slowly around your special place in nature. Pause at times to simply notice what you see without naming anything. Simply notice what you hear - both near and far sounds. Simply notice what you feel by touching textures like bark, leaves or soil. Simply notice what you smell in the air, turning around slowly to see if there are any variety of smells in the different directions. "What is my body noticing right now?" "What sense came most alive?"

Invitation 2: Tree Time - Listening and Leaning (15 min)

Simply wander around the woodland using your internal radar until you find a tree you feel drawn to. Either sit or stand quietly near the tree—notice how it is, how it stands, how it relates to its environment or gently lean against it, back-to-bark, or place hands and listen—feel the support, the quiet. "What might this tree teach me about standing still?" "What reflections arise in the presence of this being?"

Invitation 3 (if it Rains): Raindrop Listening (15 min)

Walk slowly or pause and listen to the sound of rain on leaves, ground, clothing. Extend a hand, tilt your face up if comfortable and simply notice rain's texture and rhythm. "How does the rain invite me to slow down, soften, or let go?"

Closing Gratitude and Reflection (10 minutes)

End by reflecting on what did you discover about immersing your senses in nature, both outside in nature, and within yourself? Maybe bring a journal and write these thoughts down. Then, offer a moment of silent gratitude to nature and what it has shared with you today.

Forest Bathing Session - BBOWT
Windsor Great Park connect
edtonature.co.uk (2025)



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