

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

Harvest Harmony Forest Bathing - Self Led Practice

I invite you to wander in your special place in nature and slow down, connecting with the woodland, open countryside or blue space and awaken your senses. Like the season of harvest, this is about noticing abundance and gathering what nourishes us.

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)

Find a place that connects with you. First, bring your attention to sound. Without searching, just let the nature and it's sounds reach you — notice sounds near and far, loud and soft, steady and fleeting. See if you can rest in the ebb and flow of sound.

Now, shift to your sense of touch. Notice the air on your skin, the ground beneath your feet, textures of bark or leaves if you choose to explore them with your hands. Move slowly and let your sense of touch guide you. "What am I noticing inside of me?" "What am I noticing outside in nature?"

Invitation 2: Harvest Colours (15 min)

Wander slowly or stay in the same place, and notice the shades, shapes, and patterns around you. Bright or muted, bold or subtle — allow your eyes to gather colours as if filling a harvest basket. Take your time, noticing details you might normally pass by. "What harvest colours did you notice"

Invitation 3: Scent of the Season (15 min)

Walk slowly or pause and simply bring your attention now to your sense of smell. Perhaps the air carries a damp earthiness, or leaves hold their own fragrance. If you're drawn, you might lean closer to moss, bark, or soil. Each scent is part of the season's story — let your breath gently harvest these aromas and consider - "Inside I am noticing?" "Outside nature's fragrance is reminding me of...?)

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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