

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

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



Sunlit Canopy Forest Bathing - Self Led Practice

The Japanese word for sunlight filtering through the trees is "Komorebi". July is a perfect time to celebrate the dappled light, filtered skies, and the nourishing interplay between sun and rain. This is an invitation to slow down, absorb nature's gifts, and reflect.

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: Following the Light (15 min)

Wander slowly and let the sunlight guide you. Notice how light lands on bark, dances through branches, warms your skin. What draws your attention—brightness, shadow, shimmer? Follow where it leads.

Invitation 2: Touch the Canopy (15 min)

Imagine the woodland canopy reaching toward you. Look up. What shapes and colours do you see above? Now lower your gaze—notice how the canopy influences everything below. Find one place to sit or stand and simply receive the presence of the canopy. You may want to reach up, touch a leaf, or lie beneath a branch

Invitation 3: Whispers of Light (20 min)

Find a quiet spot under the trees where the light filters through. Sit or lie down and ask the forest: What do you want me to notice? What message do you have for me today

Invitation 4 (if it Rains): Listening to the Rain (20 min)

Stay close to sheltering trees or walk gently through the rain. Let your senses open to the soundscape: the drip of water on leaves, the hush of mist, or the rhythm of falling rain. What can you hear? What textures emerge?

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.

