



Shinrin-Yoku (forest bathing)

Window Channel Films, USA, release date, January 2018

Forest bathing is the practice of taking a short, leisurely visit to a forest for health benefits. The practice originated in Japan where it is called shinrin-yoku (森林浴). The practice is proven by scientists to benefit physical as well as mental health as it helps to lower heart rate, blood pressure, reduce stress hormone production, boost immunity and mood and improve overall feelings of wellbeing.

Screened at over 43 International Film Festivals-and the recipient of 12 Wins, Shinrin-Yoku (forest bathing) film runs 6 minutes. A feature-length version will be published soon for health and wellness practitioners as well as featured on windowchannelondemand



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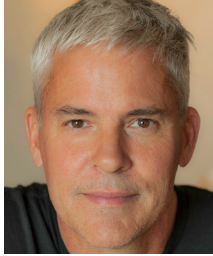
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[Trailer download link](#)

[Trailer view link](#)

Director, Mark Knight



Mark Knight is a 25-year veteran of the travel and hospitality industries and the founder of Window Channel Network. His longstanding association with high-end hoteliers and collaboration with the best-known names in the architectural and interior design worlds has resulted in numerous awards, feature magazine articles and book covers. Based in Austin, Texas, he continually refines his expertise to remain on the cutting edge of emerging digital media technology.

Director Statement

Shinrin-Yoku is a culmination of our work in the health and wellness field where we strive to help viewers reduce stress, relieve anxiety and improve overall mental health.

Screenings & Awards (2018)

Best Narrative Short, Pinnacle Film Awards 2018
Best Cinematography, LA Edge Film Awards 2018
Best Short, Rosarito International Film Awards 2018
Best Cinematography, (Euro Fest) European International Film Festival 2018
Best Environmental Gold Award, Global Independent Film Awards 2018
Best Cinematography Short Film, Webdance Film Festival 2018
Best Short Film, Mindfield Film Festival Albuquerque 2018
Best Environmental Film, Honolulu Film Awards 2018
Finalist, Snowdance Film Awards 2018
Semi-Finalist, Shutter Speed Film Festival 2018

Official Selection, Rome Independent PRISMA Film Awards
Official Selection, Hollywood Sun Awards
Official Selection, Mindfield Film Festival Los Angeles
Official Selection, Hollywood Boulevard Film Festival
Official Selection, Zagreb Tourfilm Festival
Official Selection, Diversions International Film Festival
Official Selection, The Romford Film Festival
Official Selection, LA Shots Awards
Official Selection, The European Independent Film Award
Official Selection, Wildlife Conservation Film Festival
Official Selection, Vero Beach Wine + Film Festival
Official Selection, Silver Screen for Short Films "SSSF"
Official Selection, Hollywood West Wing Film Competition
Official Selection, Chambal International Film Festival
Official Selection, The Norwegian International Seagull Short Film Festival
Official Selection, White Nights Film Festival (Russia)
Official Selection, ARFF Amsterdam // International Awards
Official Selection, Berlin Flash Film Festival
Official Selection, New Media Film Festival, Los Angeles
Official Selection, Altered Aesthetics Film Festival
Official Selection, Move Me Productions Belgium- Film Festival
Official Selection, Park City International Film Festival
Official Selection, LA Live Film Festival
Official Selection, A2F2 Wild and Green Shorts Film Festival
Official Selection, The Earth Day Film Festival
Official Selection, Ekofilm Festival
Official Selection, Les Bois Film Festival
Official Selection, deadCenter Film Festival
Official Selection, Finisterra Arrabida Film Art & Tourism Festival
Official Selection, SHORT to the Point
Official Selection, Festival Terres Catalunya
Official Selection, Barcelona Planet Film Festival
Official Selection, Near Nazareth Festival