

# SYLVOTHERAPY PRACTITIONER CERTIFICATION

Jennifer Ott

HAS SUCCESSFULLY COMPLETED SYLVOTHERAPY PRACTITIONER CERTIFICATION

## Course Content

Module 1: THE ORIGIN OF FOREST BATHING

Module 2: THE IMPACT OF THE ENVIRONMENT ON HUMANS

Module 3: PRINCIPLES AND FOUNDATIONS OF SYLVOTHERAPY

Module 4: PREPARING AND RUNNING A SYLVOTHERAPY SESSION

Module 5: SIT SPOT AND INDOOR FOREST BATHING

Module 6: PHYTONCIDES AND THEIR EFFECTS ON THE BODY

Module 7: TRADITIONAL SYLVOTHERAPY

Module 8: INDOOR SYLVOTHERAPY: PLANTS AND THEIR PROPERTIES

Module 9: NOTIONS OF AROMATHERAPY

Module 10: LAUNCHING A CAREER AS A SYLVOTHERAPIST



Date: *18 September, 2024*