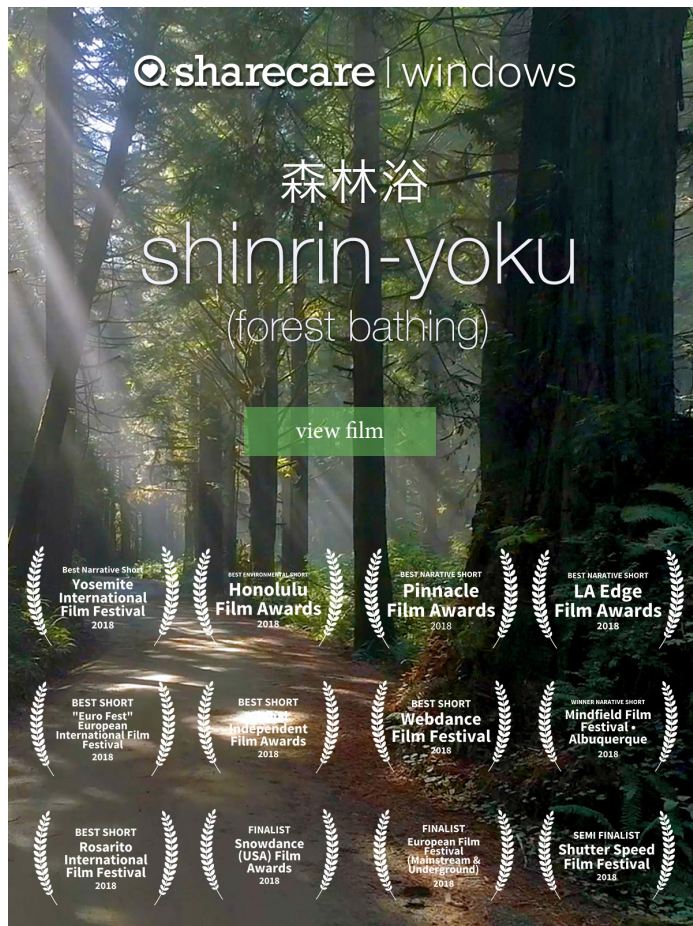


## Shinrin-Yoku (forest bathing)

Sharecare Films / Window Channel USA, release date, January 2018



Forest bathing is the practice of taking short, leisurely walks in a forest for mental health benefits. The practice originated in Japan where it is called shinrin-yoku (森林浴).

The practice is proven by scientists to benefit both physical and 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 76 International film festivals-and the recipient of 15 Wins, Shinrin-Yoku (forest bathing) film runs 6:05 minutes.

Music credits: Erick McNerney.

A 60-min. feature-length version is available on [windows.sharecare.com](http://windows.sharecare.com) and [AmazonPrime](https://www.amazon.com)

Contact:

Jim Wilmer, Producer

[SharecareWindowFilms.com](http://SharecareWindowFilms.com)

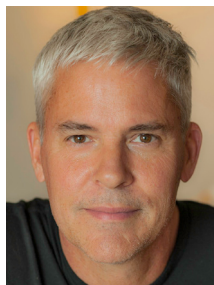
[facebook.com/SharecareWindows](https://www.facebook.com/SharecareWindows)

[twitter.com/SharecareWindows](https://twitter.com/SharecareWindows)

[Trailer download link](#)

[Trailer view link](#)

[Film download link](#) (password protected)



Director, Mark Knight

**Director, Mark Knight.** A 25-year veteran of the travel and hospitality industries, Mark Knight is the co-founder of the Window Channel. 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 an extension of our work in the health and wellness field where we strive to help viewers reduce stress, relieve anxiety and improve overall mental health.

**Logline:** Bringing the natural healing powers Japanese Forest Bathing to the small screen. Helps improve overall mental health and feeling of well-being.

**Screenings & Awards**

- Best Narrative Short, 2019
- Cutting Edge Film Festival, Pompano Beach, FL, 2019
- Best Narrative Short, Yosemite International Film Festival 2018
- Best Short, Rosarito International Film Awards 2018
- Best Cinematography, (Euro Fest) European International Film Festival 2018
- Best Environmental Film, Honolulu Film Awards 2018
- Best Narrative Short, Pinnacle Film Awards 2018
- Best Short, Webdance Film Festival 2018
- Best Cinematography, LA Edge Film Awards 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
- Finalist, Snowdance Film Awards 2018
- Finalist, European Film Festival (Mainstream & Underground), Moscow, Russia
- Semi-Finalist, Shutter Speed Film Festival 2018
- 2019 Official Selection, Lebanese Independent Film Festival - LIFF
- Official Selection, Skyline Indie Film Fest, Winchester, VA
- Official Selection, MAYKOP INTERNATIONAL FILM FESTIVAL (RU)
- Official Selection, WILDsound FEEDBACK Film and Screenplay Festival, Toronto, 2019
- Official Selection, Culver City Film Festival, Los Angeles, CA, 2019
- Official Selection, Golden State International Film Festival, Hollywood CA 2019
- Official Selection, Sedona International Film Festival, Sedona AZ 2019
- 2018 Official Selection, New Zealand Southern Cross Film Festival
- Official Selection, BLOW-UP · International Arthouse FILM FEST · Chicago
- Official Selection, 2018 Cutting Edge Film Festival, Pompano Beach, FL
- Official Selection, Crashlanded, Broken Arrow, Oklahoma
- Official Selection, Filmplyaya, Marina Del Rey, CA
- Official Selection, Indigo Moon Film Festival, Fayetteville, NC
- Official Selection, KAPOW Intergalactic Film Festival, Los Angeles
- Official Selection, Nadym International Film Festival, Russia
- Official Selection, The San Francisco International Festival of Short Films
- Official Selection, Shepperton Screenwriting Festival, UK
- Official Selection, Västerås Filmfestival, Sweden
- Official Selection, Nevada City Film Festival
- Official Selection, World's Independent Film Festival San Francisco
- Official Selection, Golden Door International Film Festival
- Official Selection, Catalina Film Festival
- 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