

Relational Forest Therapy™

What is Forest Therapy



Abenaavi Arts

VIRTUAL & BEYOND

973-592-9062

jojo@abenaavi.com

<https://abenaavi.com>

Forest Therapy is a practice that supports health and wellness through guided immersion in forests and other natural environments, promoting the well-being of both individuals and the land. It is inspired by Shinrin-yoku, the Japanese practice of "Forest Bathing." In Forest Bathing, individuals spend time in forested areas to enhance their health, wellness, and overall happiness. We go beyond the public health focus, to help people deepen their reciprocal relationship with Earth. We are pioneers of the strand of forest therapy called Relational Forest Therapy™.

How do we guide in Relational Forest Therapy™?

In Relational Forest Therapy, individuals are guided through a clearly defined sequence of invitations to slow down, open their senses, and experience the environment to deepen the reciprocal relationship between participants and the beings in the natural world. This supports the wholeness and well-being of both. These Slow Walks in the Forest are typically .5 to 1 mile long and 1.5 to 2 hours long. This is suitable for all ages and physical conditions. Invitations are open-ended. There is no expectation for what participants should experience or receive. Guides are not therapists. Support for wellness, personal development, and perhaps healing comes to participants from their interaction with natural environments. The primary goal of guided activities is to foster and maintain safe, meaningful, and relational connections between participants and nature.

Why Relational Forest Therapy™?

- The improvement of human health. People are more stressed, anxious, and depressed and have more chronic health conditions. Forest Therapy offers a pathway for individuals to reconnect with nature, allowing them to find rest from the demands of their daily lives.
- A greater sense of connectedness. Jacques Cousteau once said, "People protect what they love." A heartfelt, embodied relationship with nature naturally leads to a love of nature and a recognition that we are part of nature.
- Greater degrees of freedom in how we relate to the world. Somatic work with the Earth and our bodies offers participants the opportunity to reconnect with the nature of relationships and the way we are all interconnected. Embedded in this expanded community, we experience greater degrees of freedom in how we explore the world and in what we can learn about ourselves.

About Guide: Jojo Abenaavi Wright

Dharma name: Sacred Movement of the Source

Jojo is an experienced movement guide and artist who has held space for personal and communal transformation through movement for over a decade. Completing a second Master's in Art History focused on immersive experiences and wellness, Jojo's work integrates the healing power of art, embodiment, and nature.

As a relational forest therapy facilitator, Jojo invites participants to deepen their connection with the natural world and with one another. Grounded in the philosophy that movement and stillness alike can foster profound insight, Jojo creates inclusive, nurturing spaces where individuals can rediscover the sacred harmony between themselves and the forest.