

FOREST BATHING



SELF-GUIDED MINDFUL NATURE WALK

Aurora Medical Center Memorial Trail - MAIN

THRESHOLD OF CONNECTION

Find a specific location such as the bench or beginning of the bridge to pause before you enter the forest. Take a few deep breaths, feel your feet on the ground, and take a mindful pause connecting you to who you are and why you are here today.

GENERAL GUIDELINES

Walk at a slow meandering pace as you mindfully (in the present moment without judgment) notice things around you with your senses. Pay attention in all directions.

Below are suggested “invitations” or practices you could do at each marker along the path. Do just one or a few. Take 30 seconds to a few minutes per invitation. Continue to practice different exercises throughout your walk.

Reset yourself if you notice your mind wandering towards something else, take a deep breath, and return your focus back to the forest.

MARKER 1 SIGHT

- Notice different shades of green and shapes of leaves.
- Notice what is still and what is moving.
- Look at things in the sun as well as the shade.
- As you continue on your walk, pay attention to additional colors in flowers, sticks, rocks, etc.

MARKER 2 SOUND

- Focus your attention on sounds such as: birds, wind, footsteps, & sounds of the city.
- Notice the farthest bird you hear.
- Listen to sounds in all directions.
- Pay attention to how different sounds make you feel.

MARKER 3 TEXTURE

- If safe and respectful, take a moment to feel different bark textures.
- If plant is known to be safe, feel different textures of leaves or stems.
- Notice other things along the path such as rocks and sticks you may touch safely.

THRESHOLD OF INCORPORATION

Pause and reflect at the opening of the field at Marker 5, or continue your forest bathing experience back to the original start of the path. Take a moment of gratitude and make a conscious shift back to your every day living, bringing with you any feelings or awareness that may help you.

MARKER 5 REFLECTION

- Notice how you are feeling without judgment.
- Allow yourself any feelings, pleasant or unpleasant that may arise.
- Practice self-compassion as you may be dealing with grief, loss, injury or otherwise of loved ones or self.
- Acknowledge and experience your connection to nature.

MARKER 4 SMELL

- Pay attention to your breath. Take 3-5 deep breaths and notice any scents.
- As you notice different smells, pay attention to any feelings or memories that may arise.
- Take time to smell different things you find such as flowers, leaves, etc.



RESOURCES



Forest Bathing: What It Is and Its Potential Benefits
CLEVELAND CLINIC



The Art & Science of Forest Bathing with Dr. Qing Li
PENGUIN BOOKS UK



Forest Bathing: A Simple Yet Powerful Nature Meditation
SOUNDS TRUE



Shinrin-Yoku, (Forest Bathing)
MARK KNIGHT



Forest Bathing Invitations
CHICAGO BOTANIC GARDENS



How Nature Connectedness Can Support Us Through Bereavement
ASSOCIATION OF NATURE & FOREST THERAPY



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