



Landkind Guide

GUIDED IMMERSIVE EXPERIENCES WITH NATURE

Public events
Private guide
Individuals and groups
Year-round / 7 days a week



"A beautiful and magical experience. My friends and I felt like we were little kids experiencing the wonders of nature."
- Debra

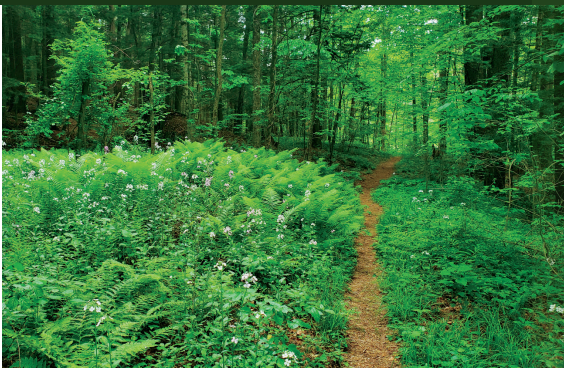


"A calming two hours away from all stresses." - Mark

"I still can't stop telling people about it." - Casey



Guided Forest Immersion is a unique experience inspired by the Japanese practice of shinrin-yoku, "forest bathing". Led by Amanda Kenyon of Landkind Guide, experience Nature in a peaceful and playful way. Mindfully tap into your senses, let your curiosity wander, and relax deeply with Nature. A mix of walking, sitting and meandering over about a mile of gently hilly terrain.



Mindfulness

Focused attention and present moment awareness. We bring our head and hearts to where our bodies are and allow our busy minds to let go.

Senses

Activation of our five external senses - touch, sight, smell, hearing and taste - plus internal senses like intuition, wonder, imagination, and more.

Sequence

Guided progression starts with a calming, sensory-awakening meditation. Explore creative suggestions to interact and be present with Nature, and share what you're noticing with others. A foraged tea ceremony concludes.

Connection

Wandering off-trail, hands-on interaction, and tuning into our heartfelt senses deepens a two-way relationship with Nature.

Results

A sense of peaceful well-being, belonging, and kinship with Nature. You will have learned new ways to relate to Nature in the future.



Locations near Brattleboro, Vermont in partnership with The Manitou Project, Scott Farm Orchard, Bonnyvale Environmental Education Center and more.

landkindguide.com

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