



# FOREST BATHING

RECONNECTING THROUGH NATURE

# ABOUT FOREST BATHING

Forest bathing is simple practice of walking slowly through a forest or nature setting, Taking in the forest environment through all our senses creating a therapeutic experience beyond just a walk in the woods.

Forest bathing comes from the Japanese practice Shinrin Yoku which literally translates to 'Forest Bathing'



# ABOUT ME

Certified forest bathing guide

Experienced in working with diverse populations.

Passionate about using nature as a tool for healing and reconnection.

Counsellor.

Basic First Aid Certified



# MISSION AT FOREST FLOW

Forest Flow aims to help individuals reconnect with nature, community and themselves, fostering healing, resilience, and growth.

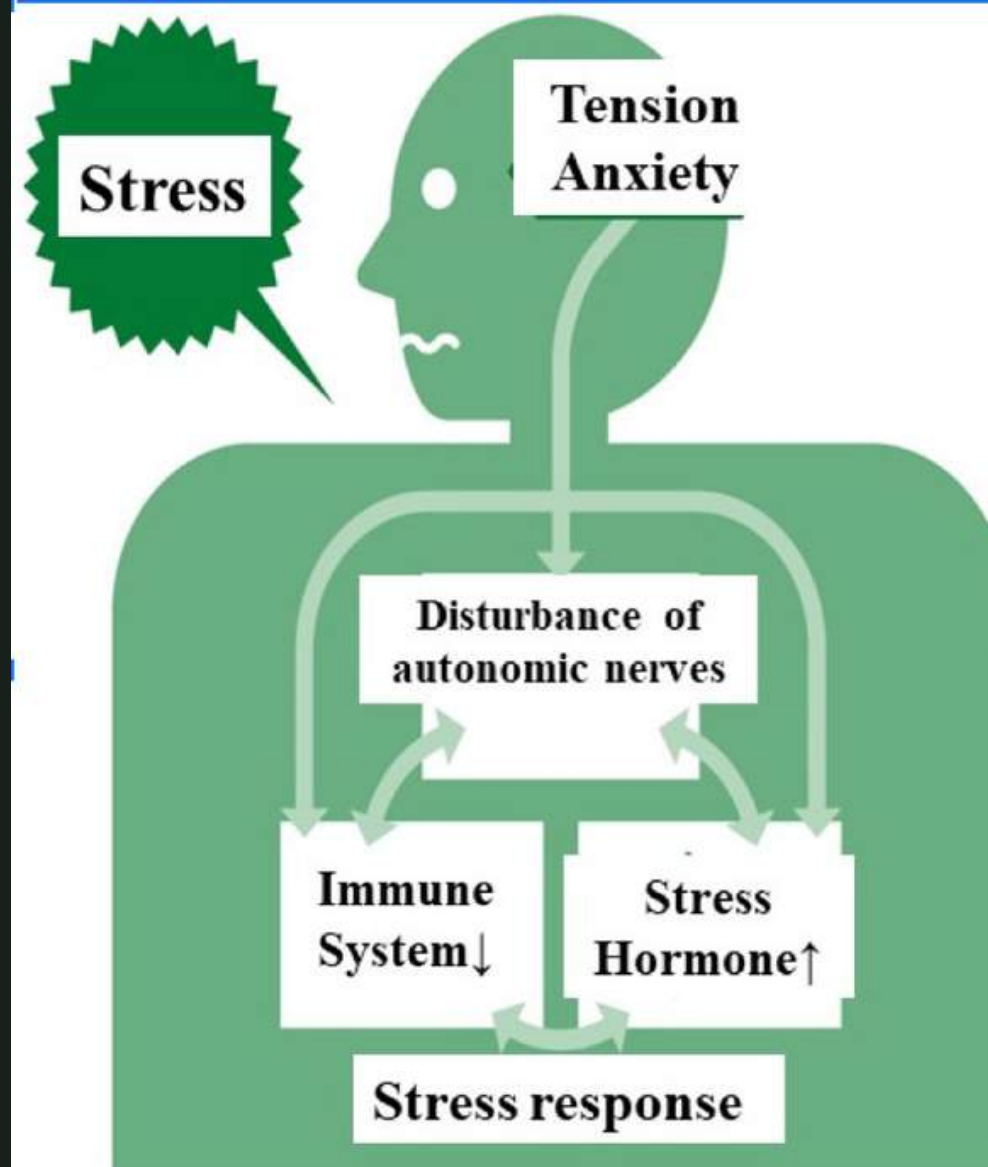
Our services include:

- 1-1 Guided forest bathing sessions
- Group forest bathing sessions
- Mindfulness practices in natural settings
- Integration of creative arts with forest therapy.

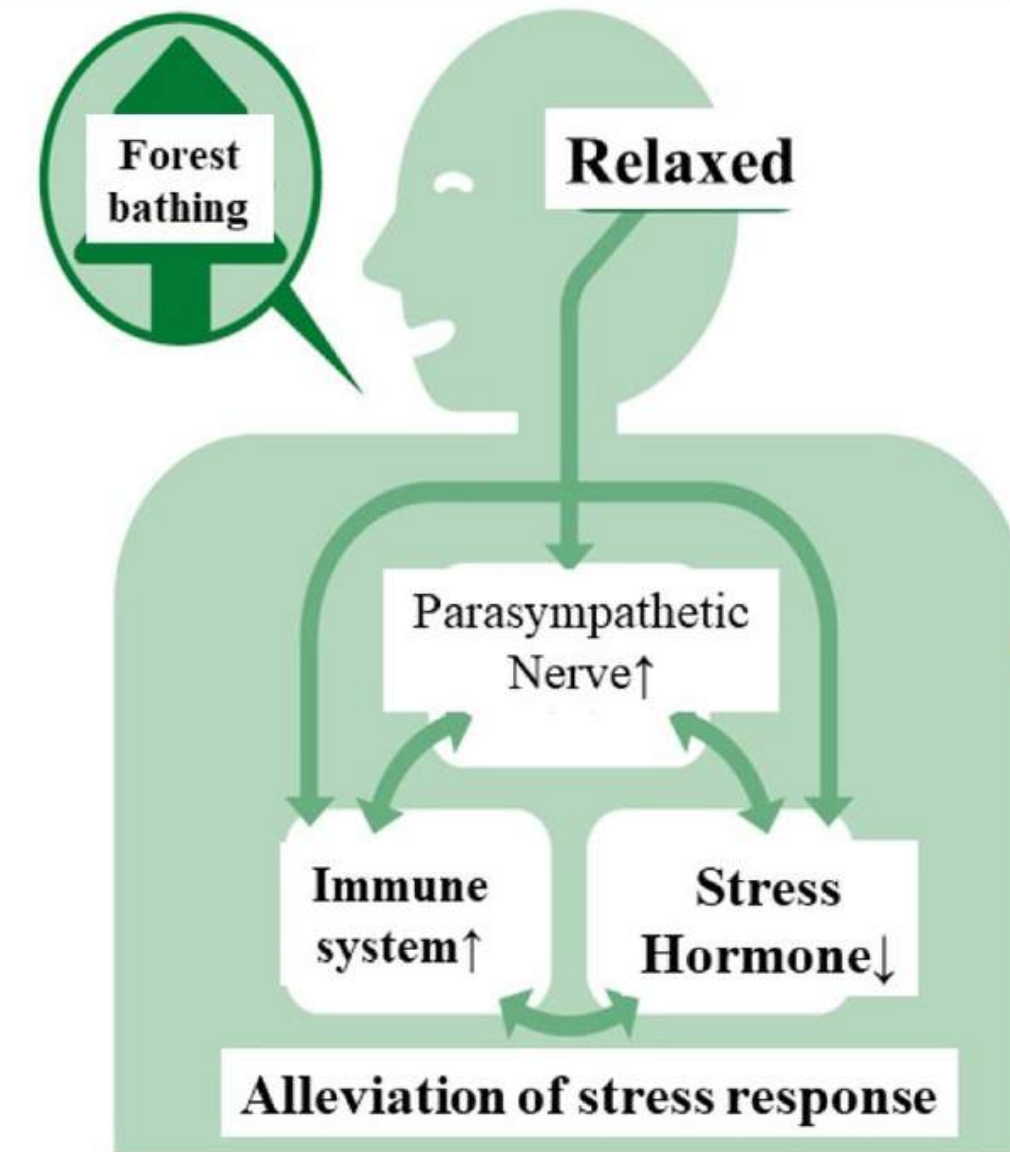


# SCIENCE BEHIND FOREST BATHING

When people practice forest bathing, the brain is relaxed, the parasympathetic nervous system is dominant, the secretion of stress hormones is suppressed, and the immune function is enhanced.



A. Physiological and psychological reactions to stress



B. Physiological and psychological reactions during forest bathing



# BENEFITS FOR CLIENTS

1

## Emotional Healing

Gentle, sensory-rich environments promote positive emotions and reduce irritability or agitation.

2

## Reduces stress and anxiety

Nature exposure helps regulate the nervous system and reduces cortisol levels, leading to calmer emotional states.

3

## Social Connection

Builds trust and relationships through group sessions.

4

## Increases attention and presence

Mindful activities in nature help enhance sustained attention and reduce impulsivity.



# TYPICAL FOREST BATHING SESSION

1. **Opening Ritual:** Introduction + gentle check-in with participants (e.g. Introduce yourself and What your inner weather looks like today)
2. **Nature Connection Activities:** Purposefully crafted activities designed to help participants interact and connect deeply with nature.
  - a. Examples of Activities:
    - i. Mindful walking
    - ii. Sensory observation (e.g., noticing sounds, textures, and sights)
3. **Sharing Circles:** Participants come together in a safe, non-judgmental space to share their experiences.
4. **Tea and Snacks:** The session concludes with a communal gathering to share tea and snacks



## CLIENT FEEDBACK

'You will find home within yourself by being welcomed to nature's home. Bhavna is genuine and you can feel the truth of it at every interval in how they invite us in to experiment & experience nature. Their energy was calm and welcoming. I would love to be present every week for a session like this.'

*-Ranz*

'Bhav is an excellent guide. She created an environment of openness and acceptance that enabled me to explore nature, notice things I hadn't before and get a break from my busy life and busier mind.'

*-Ankit*

'Come dear friends, you should experience this by yourself.' I came home feeling as if certain burden unloaded and the face was glowing. It worked on you inside and outside.'

*-Evan*



## CLIENT FEEDBACK

'The 'refreshed & calm feeling' stays on beyond the duration of the class or immediately after. I'm feeling the effects of the forest bathing session even on the next day.'

*-Drishti*

'Peaceful and calming experience. A lot of fascination in the process of exploration in nature. Felt a sense of wonder in the process.'

*-Aanchal*

'One of the highlights was bringing focus and awareness to my own body and also observing how soaking in the magic of nature was moving me to centre my grief more than i have been allowing myself to. And also feeling safe and connected with everyone present. Thank you for providing such a space.'

*-R*







# CONTACT US



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**THANK YOU**