

Forest Bathing

with Todd Lynch, ANFT certified guide

What is Forest Bathing?

Our time together Forest Bathing is an opportunity to slow down and allow our bodies to engage all of our senses. A typical program is structured through “invitations”. These prompts are the gateways through which we can use our senses to explore the sensations we’re immersed in from moment to moment. There are no prescribed outcomes expected from these experiences. Simply being immersed in nature on a guided program for several hours is benefit enough.

Forest Bathing offers us the opportunity to slow down. It re-aligns our rhythms with the landscape, allowing our senses a respite from everyday demands and uncertainties. It’s a chance to remember ourselves and the joyful relationships that await us outside.

What to Expect:

A Forest Bathing experience consists of a leisurely walk of about a mile with stops along the way where we will gather and sit from time to time. We will focus on our senses to develop an immediate connection with the landscape. This is a very relaxed, slow, and mindful way of walking. Walks typically last about 2-3 hours and finish with an herbal tea from Todd’s garden.



About Todd:

Todd Lynch is an artist, garden designer and herbalist. His passion is to connect people to the world around them through art, plants, beauty and immersion in nature. Todd is an ANFT certified forest therapy guide and has led many walks and programs that connect people to place, plants and ecology.

For more details:
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Please indicate your interest in Forest Bathing in the Subject Line.