



# Forest Bathing Therapy for Groups

## Overview

This is a on-site, private group Forest Bathing Therapy session for people of all ages. A session last between 1 hr to 3 hrs - depending on the age, group sizes, and needs.

This is a great team building or group activity for professionals, teens, healthcare providers, teachers & educators, or for school groups looking to foster connection between themselves, their peers, and the natural world. In addition to spending quality time your group, Forest Bathing fosters curiosity, creativity, fun, play and ignites your sense of wonder! A guided Forest Bathing Therapy Session consists of a series of invitations that are designed specifically to help the body slow down, de-stress, ground, and find solace and connection with body & mind through Nature's natural abilities to heal.

Sessions are designed based on the group's intention and needs - which are discussed together prior to the appointment. You can choose from 3 different public trails\* that offers different landscapes.

Forest Bathing Therapy has been proven to help with mental illnesses, grief & loss (includ. eco-grief), depression, anxiety, stress, blood-pressure, resilience, and much more. It brings you back into the present body, ignites curiosity & creativity, and reconnects you to your inner child. In addition, Forest Bathing Therapy on a consistent basis helps with greater acceptance of self, vitality, significantly higher levels of wellbeing, pro-environmental attitudes & behaviours, as well as prosocial behaviours.

# Experiences

## THE TASTER - 60 MINUTES SESSION

Minimum 5 people up to 20 people - \$30/person

This is a taster - a quick, “dip your toes in”, experience to Nature Connections & its benefits.

This offerings is for children and/or teachers & educators wanting a guide to facilitate time in nature for their class; for their school board conference; or for daycare/preschool groups.

For groups including children only, a teacher/educator must be present.

## THE SWEET SPOT - 120 MINUTES SESSION

Minimum 5 people up to 14 people - \$420/session

This is ‘The Sweet Spot’ Forest Bathing Therapy Experience, where we go through the Forest Bathing Therapy sequence, as it’s been designed, for ultimate connection & relief amongst Nature’s healing elements.

The experience starts with an introduction, followed by a series of invitations thoughtfully designed as such that with each invitation, your body, mind & soul is sinking deeper into its connections, leaving parcels of well-being in your physical state that you will bring with you as the day unfolds. The experience is sealed with a Forest Tea & snack.

This offering is for any group of people over the age of 16 years old.

## THE ULTIMATE - 180 MINUTES SESSION

Minimum 5 people up to 14 people - \$640/session

This is ‘The Ultimate’ Forest Bathing Therapy Experience. 3 hours spent amongst nature, connecting with yourself, your peers and the natural world around you.

The experience starts with an introduction, followed by a series of invitations thoughtfully designed as such that with each invitation, your body, mind & soul is sinking deeper into its connections, leaving parcels of well-being in your physical state that you will bring with you as the day unfolds. The experience is sealed with a Forest Tea & snack.

This offering is for any group of people over the age of 16 years old.

# Locations

The possibility of another location can be discussed prior. The Guide must be comfortable with the discussed location and reserves the right to refuse upon assessment of that land. An additional amount of \$150 will be charged (or added to the total), to cover transportation, land visit, & assessment of land conditions.

NCC Greenbelt Trail - P21	NCC Greenbelt Trail P23 (Dewberry)	Petrie Island
4980 Ridge Rd, Ramsayville, ON K0A 2Y0	5185 Dolman Ridge Rd, Orléans, ON K1C 7G4	727 Tweddle Rd, Orléans, ON K4A 3P4

## What to expect:

Forest Bathing is NOT a hike. In fact, we will be slowing down our pace & engaging all of our senses. Know that there is no right or wrong in Forest Bathing, and that it is okay for you to pass on an invitation. Throughout our walk, we will gather in a sharing circle from time to time and you will be invited to share, only if you feel called to.

## What you will need:

Appropriate clothing for the weather conditions

Yoga mat or light blanket to sit on.

Water bottle

An open mind & open heart

## Book your Experience today!

Contact us at: [hello@yourhealingcircle.com](mailto:hello@yourhealingcircle.com) to discuss dates/times and your intention & needs; or for any questions you might have.

Once details coordinated, an invoice will follow with payment details. Please know that at this time we accept payment for services via e-transfer or paypal; or by cheque made payable directly to the Guide.



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# Your Certified Guide

Stefany Pagé-Douville

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Stefany is a Farm & Nature School Director, Energy healer and Certified Forest Bathing Therapy Guide. Since 2020, she has been leading outdoor nature programs for people of all ages. Combining her passion for holistic approaches to mental health with her experience and knowledge, her workshops are specifically designed to invite participants to slow down, engage their senses and find connection with themselves, their peers and nature.