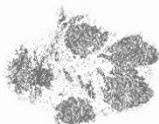
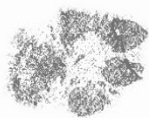




Quick Start - Field Guide

Forest Bathing with your Dog



by Nadine Mazzola
Certified Forest Therapy Guide
and Author of
"Forest Bathing with your Dog"



New England Nature and Forest Therapy
nenft.com | 978-549-2505 | Nadine.mazzola@gmail.com

Okay, let's get started



Where to Go: Anywhere, seriously anywhere: your yard or garden, the park, a trail or meadow.

When to begin: Do what feels right for you. Perhaps burn off some energy first then give yourself some time to just arrive. That's your starting point.

How to Begin: Begin by simply setting the intention to begin. Be clear with yourself that you are going to allow yourself to forest bathe for a time and that you will flow with whatever the forest or your dog offers. Let yourself use your senses to follow your curiosity and enjoyment just as your dog does.

Exploring the Senses Slowing Down and Other Forest Bathing Activities: Some ideas

Pause like a dog does and listen, smell, touch. Look around. What catches your eye? Look at things close up. Linger and explore further. Saunter. The destination is here.

Tips for Forest Bathing:



The flow of forest bathing with your dog

- Allow your dog to set the pace and pause when they do. Take the opportunity to look around during these pauses.
- Offer pauses of your own.
- Your dog can be your guide to sensory connection. Watch them. Let them be an inspiration and explore the surroundings in your own way.
- Let yourself be playful and free from self-consciousness just as your dog is. Give yourself a “play-bow.”
- Follow your enjoyment and curiosity and slow down enough to let it all soak in.
- When you find a place to sit, allow time for each of you to settle in. Let your dog do a bit of exploring and perhaps even watch how they arrive in this place you’ve chose to sit.

How Long to Forest Bathe: This depends on how much time you have. A minimum of 20-30 minutes and up to two or more hours is recommended, but if you only have 5-10 minutes or just the moments while you and your dog pause along your walk, then that is what you have.



How to Finish a Forest Bathing Session:

Set an intention, finish, and mark it in whatever way feels right to you by letting the land and the moment let me know how to incorporate the day's moments of forest bathing.



The Practice of Forest-Therapy and Nadine Mazzola

Author and Certified Forest Therapy Guide, Nadine Mazzola, is also part of the executive leadership team of the Association of Nature and Forest Therapy Guides and Programs and also trains and mentors new Certified Forest Therapy Guides around the world. She lives in Acton, MA and leads guided Forest Therapy/Forest Bathing programs in the surrounding area.

Forest therapy/forest bathing is a practice about wellbeing, health and healing. It's also about relationship: being in relationship with the land, ourselves and each other. Forest-therapy can be something you do and also be a practice. As a practice, a way of being in relationship with the land, with the more-than-human world. But here is the key...What is that "way"? Well, it is different for each of us. That is the magic and beauty of the practice of forest-therapy. It allows everyone to find and embrace the "way" that is right for them.

Attending a guided Forest-therapy/Forest-bathing program is an experienced not to be missed! The support of a facilitator gives us permission to slowdown, connect with our senses and allows for both group and individual time that truly enhances the experience.

Lean more at nenft.com

New England Nature and Forest Therapy
nenft.com | 978-549-2505 | Nadine.mazzola@gmail.com

