

# What is Forest Therapy?

*Join a certified Forest Therapy Guide for a walk in Nature.* You'll be guided to consciously connect with what's around you by awakening your senses and being encouraged to take in Nature at a much slower pace than you're likely accustomed to.

A *Forest Therapy Walk* is not a fitness hike, not a naturalist-led point-and-name tour, and not psychotherapy in a natural setting. It's as simple as walking in a natural environment and consciously connecting with what's around you.

I'll guide you through a series of invitations that aim to awaken your senses, encourage you to take in Nature at a slow pace, and enliven a more conscious connection with the inherent healing properties of Nature.

This practice is not the same as Japanese Forest Bathing, though it is inspired by this. Nature/Forest Therapy Walks have been scientifically proven to boost immunity, lower stress, and help your brain to work better.

Over and above these physiological benefits, this practice also helps us to cultivate our connection to Nature.

**Good for you. And for the Earth.**





# Frequently Asked Questions

**"I'm curious! But what exactly is a Nature/Forest Therapy Walk?"**

A Nature/Forest Therapy Walk is neither a hike nor a naturalist expedition. The aim is simply to connect you to the more than human world by awakening your senses during a guided 2 to 3 hour walk in a safe, natural environment.

**"Cool.  
But WHY would I go on a Nature/Forest Therapy Walk?"**

Spending time in Nature enhances health and well-being. The benefits of doing a Nature/Forest Therapy Walk include decreasing depression, stress + anxiety, lowering blood pressure and heart rate, resting the mind - thereby reducing brain fog + enhancing memory, improving mood, deepening the connection with yourself, others + Nature, immune system strengthening, increasing the production of *natural killer cells* (white blood cells) to fight cancer, infections + viruses

**"Why do I need a guide?  
Surely I can just go for a walk!"**

A TRAINED + EXPERIENCED GUIDE WILL find a venue and plan the trail, slow you down, hold a space that is authentic, immersive and safe, guide you through a proven sequence of invitations that build upon sensory experiences and enhance connection, and facilitate the sharing of experiences

*"The Forest is the therapist, and the Guide opens the doors."*  
AMOS CLIFFORD (ANFT FOUNDER)

**"Who or what is the ANFT?"**

Founded in 2012 The Association of Nature and Forest Therapy (ANFT) Guides and Programs is the most experienced global leader in Forest Therapy Guide Training, and promoting the development and practice of Forest Therapy. Their Forest Therapy Guide Training draws on the latest medical research, new developments in the field of nature connection, and ancient traditions. Their heart-based "Relational Forest Therapy" approach focuses on rebuilding relationships with the More-Than-Human World as a foundation for healing people and planet.

For more information please visit [www.earthmark.co.za](http://www.earthmark.co.za) or visit the ANFT website. Explore this excellent resource by starting HERE .

To book a walk during the week (morning or afternoon) or weekend (morning) please contact Janéne via email ([janene@earthmark.co.za](mailto:janene@earthmark.co.za)) or WhatsApp (+27 72 593 1296).

