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Workshop Series Forest therapy - deepening the connection with nature



WORKSHOP PROGRAM

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Acknowledgment

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‘Forest therapy - deepening the connection with nature’

For whom: adult educators, trainers, animators, people working with groups

Duration: 1 day (6-7 hours)

Place: forest, landscape park, botanical garden or other natural setting

Workshop series: ‘Forest therapy - discover a connection with nature’

For whom: adult educators, trainers, animators, people working with groups

Number of meetings: 5 sessions of 2.5-3 hours each

Form: field workshop in a forest or park

Meeting 1: Introduction to forest therapy and mindfulness in nature

Objectives: understanding the idea of forest therapy, building a relationship with the place and the group

Programme:

- Welcome, working and safety rules in the forest
 - Brief introduction to the concept of Forest Therapy / Shinrin-yoku
 - Integration exercise: 'My memory of nature'
 - Short reflection: 'What do I expect from this cycle?'
 - Concluding in a circle of gratitude
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Meeting 2: Mindful Walking (Mindful Walking)

Objectives: learning to be present and rooted through movement in nature

Programme:

- Practising mindful breathing and movement
- Walking in silence: 'Every step is an encounter with the Earth'.
- Reflection: what do I notice when I slow down?
- Working in pairs: 'What does the forest teach me about my pace of life?'.
- Short summary and note in forest diary

Meeting 3: Sensory Exploration

Objectives: deepening contact with nature through the senses

Programme:

- Exercises:
 - o 'Listening to the forest' - attentiveness to sounds
 - o 'Touch nature' - exploring structures and textures
 - o 'Smell the forest' - conscious breathing
 - Walking task: '5 senses in 5 minutes'.
 - Small group discussion: 'Which sense is easiest for me to open?'.
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Meeting 4: Meditation and creativity in nature

Objectives: developing inner peace, expression and self-awareness

Programme:

- Guided meditation among the trees
 - Creative activities:
 - o hugging trees and listening attentively to nature
 - o creating mandalas from elements of nature
 - o keeping a diary of emotions and thoughts
 - Time of silence - individual reflection in a chosen place
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Meeting 5: Community, ecology and final reflection

Objectives: deepening of ecological awareness and integration of experiences

Programme:

- Short presentation about the importance of the forest in culture and the ecosystem
 - Group exercise: 'What can I give to nature in return?'
 - Reflection circle: 'How has my perception of nature changed?'
 - Ritual of gratitude - saying goodbye to the place and the group
 - Presentation of symbolic 'leaves of gratitude'
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Effects of the whole cycle:

- ✓ Increased attentiveness and self-awareness
- ✓ Deepened connection with nature and oneself
- ✓ Development of empathy, calmness and emotional balance
- ✓ Increased environmental awareness and concern for the environment.