



## Frequently Asked Questions (FAQs)

### What is forest bathing?

Forest bathing is inspired by the Japanese practice of '*Shinrin yoku*'. Your guide will offer a series of invitations encouraging you to experience 'for-rest walking', to slow down, be curious, connect with yourself and nature, to support your wellbeing. Your body is invited to respond as is appropriate for it on the day, so each experience is unique.

### What are the benefits of a forest bathing / nature connection practice?

There is now a wide body of research evidence to demonstrate some of the many benefits of spending time in nature. There are natural chemicals given off by the trees and this is what you are 'bathing' in as your Guide invites you to slow down and be curious with the 'invitations' offered. You may boost your mood and immune system by spending time in connection with yourself and nature. As you slow down, your heart rate variability may increase, and your blood pressure may reduce. Your body will usually move to a 'rest and digest' mode. You may feel the benefits last for some days after your experience. You may not feel any reaction and that's fine – the forest and nature will offer you what you need on the day.

### What do I need to bring? Do I need any special equipment?

Bring yourself (16+ years) and an open mind. Please wear suitable clothing and footwear for being outdoors & appropriate to the weather. No special equipment is required. Further details will be sent to registered participants before your event.

### Logistics

- **What logistics do I need to know for 'In Person' experiences?**

Registered participants will be sent some notes in advance of their experience to help them prepare for the day - meeting point, what to wear, type of trail, if toilets are available on site (or nearest public toilets). Please ensure that you have completed the client agreement form before the event.

- **What logistics do I need to know for 'Online' experiences?**

Registered participants will be sent some notes in advance of their experience to help them prepare for the day for remote walks, along with the Zoom link. Please ensure that you have completed the client agreement form before the event.

### Will the experience go ahead in all weathers?

Generally, the event will go ahead in most weather so please come prepared. However, in the event of severe weather such as strong winds / storms, we may need to postpone an event - in which case, registered participants will be contacted in advance.

### **What is the terrain like on in person walks?**

We will usually walk where there are paths, inclines will depend on the location. Registered participants will be sent more details in advance of their chosen event - meeting point, trail type, availability of toilets on site or not.

While walks will be suitable for most fitness levels, if you have any concerns, please contact your Guide in advance to discuss if the experience will be suitable or so that an appropriate route can be planned for the day.

### **Do you offer events at other locations?**

Yes - please check our website ([www.woodlandsbreathing.co.uk](http://www.woodlandsbreathing.co.uk)) for details of other events currently on offer. In person events are generally held across central Scotland. Online or remotely-guided walks are offered so that you can connect across the world - from your local green space or the comfort of your own home. If connecting from a different time zone, please check that the times will suit you locally when your Guide is walking.

### **Do you offer other services?**

Yes, we can guide you in immersive meditation, laughter yoga and breathwork. After our guided meditations, you are encouraged to journal by putting pen/crayon/pencil to paper afterwards. Laughter yoga combines initiated laughter with the deep breathing of yoga. A class can be enjoyed by most and is a fun workout - give it try as a staff wellbeing experience! Contact us for details. Watch this space for any new offerings ...

### **Do you offer bespoke events, e.g. for corporate wellbeing?**

Yes, we can tailor an event or series of events to suit your group whether that be for corporate wellbeing, a group of friends and family, or 1:1. We can offer these events in person or online by arrangement so please contact us to discuss the art of the possible.

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