

INVITATIONS

Invitations exist everywhere in the forest; there are infinite possibilities

RECIPROCITY BREATHING

- While inhaling, be aware of what you are receiving from the trees
- While exhaling, be aware of what you are giving back to the trees
- Take deep breaths and allow yourself to receive the gifts of the forest entirely
- Take note of what you notice

Associated senses: imaginal sensing and heart sense

WATCHING CLOUDS

- Find a good spot to lay down and gaze at the clouds

Associated senses: sight

Anything that includes breathing, smelling, and taking note of what is in motion has to do with the air element

AIR



SPEAK TO A TREE

- Trees are considered to be very patient, non-judgmental listeners
- They will keep your secrets and not share with anyone
- You can say a quick hello to a tree as you walk by or sit and have a long conversation
- If it is a tree you are meeting for the first time, introduce yourself and become attuned to the tree

FIRE



Fire is a symbol of the energy of relationships with the natural world (these invitations are not about working with actual fire)

Earth invitations help to foster your connection to the physical world

WALKING BAREFOOT

- The soles of the feet are filled with nerves that help to simulate the entire body
- Many experts suggest walking barefoot everyday for 30 minutes
- We invite you to try walking barefooted in forested areas that are smooth, sandy or soft under your foot

Associated sense: touch

ANIMAL TRACKS

- If you come across animal tracks on the forest's floor, stop and examine them closely
- Place your hand on a section of the prints
- Notice if you can feel the animal's presence
- Once you have established a presence with the prints, close your eyes and see what experiences you have

Associated senses: sight, body radar, heart sense



EARTH



WATER

At each forest bathing experience it is good to have some sort of sensory contact with water

GAZE AT WATER

- Sit down near water and gaze into it
- Use not only your eyes but your entire body and all of your senses
- What do you notice?

Associated senses: hearing, sight, heart sense, body radar

TOUCH WATER

- Find a place where you can comfortably sit or crouch down at the edge of a stream or pond
- Touch the water as lightly as you can
- Gently stroke the surface of the water
- Then dip your hand in the water
- What does the water feel like; what sensations does your hand experience; what happens to the surface of the water when you touch it; how does the air feel on your hand when it is wet; how does your body feel?

Associated senses: touch and heart sense



SHINRIN YOKU

www.SHINEakron.com/forest

WE HOPE YOU JOIN US FOR OUR REGULAR SCHEDULED FOREST BATHS