



Forest Bathing Walks

Local Forests and Beaches

Soft Pine Wellness (SPW) is centrally located in Windsor and offers activities between Kentville and Halifax and along the Fundy Shore and St. Margaret's Bay. Forest bathing occurs on local trails and in parks where native species and scenic vistas are present. 'Coastal bathing' is done on quiet sandy beaches where the ocean environment has much to offer.

About SPW

Wil Brunner, founder of Soft Pine Wellness, has been dedicated to ecological and human health for over 15 years in the fields of environmental conservation and wilderness-based mental health counselling. In 2021, Wil became a Certified Forest Therapy Guide. He has offered walks to hundreds of Nova Scotians.



Nature's Cure for Stressful Times

Forest Bathing or "Forest Therapy" was created in Japan in the early 1980's in response to mental and physical health problems from a more urbanized population. Inspired by Japan's spiritual and cultural connection to the natural world, scientists began studying nature's effects on human health. Now Japanese people regularly practise forest bathing within their healthcare system to maintain good health and wellbeing.

A forest bathing walk is like a walking meditation that focuses on the felt senses and each person's unique perspective. Once the walk begins, you will be offered a series of "invitations", sensory experiences that helps you connect to the natural world. You may be invited to carefully feel plants with your fingers or listen to the rippling of water. Through the sequence of invitations, a closing activity incorporates the experience.

Immersion in nature can improve mental focus, reduce stress hormones, and heighten our mood. Aromatic oils from coniferous trees increase our 'natural killer' cells which boosts our immunity and reduces inflammation throughout our body.

Community forest walks in the **Wolfville, Windsor and Sackville** areas occur once a month in winter and twice a month from May-October. Walks on different beaches also transition from once to twice a month. Private walks may also be arranged and can occur on a private property or even remotely. Please see the below website for planned walks and rates.



SOFT PINE WELLNESS 

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