

METSÄTERAPIA

NATURE PILL

SEMLIN YOG 산림욕

NATURE THERAPY

SHINRIN-YOKU 森林浴

ECO THERAPY

TERAPIA FORESTAL

SKOGSBADNING

SENLIN LIAOFA 森林療法

WALDTHERAPIE

FOREST BATHING

FOREST IMMERSION

BAIN DE FORÊT

SKOGSTERAPI



Numerous studies have provided relatively strong evidence that experiences in natural settings have restorative outcomes.

An important implication of some of these findings is that these restorative effects can be realised in a range of natural settings that include urban parks and wilderness areas.



RESTORATIVE OUTCOMES OF
Immersing in Nature

**MENTAL
BENEFITS**



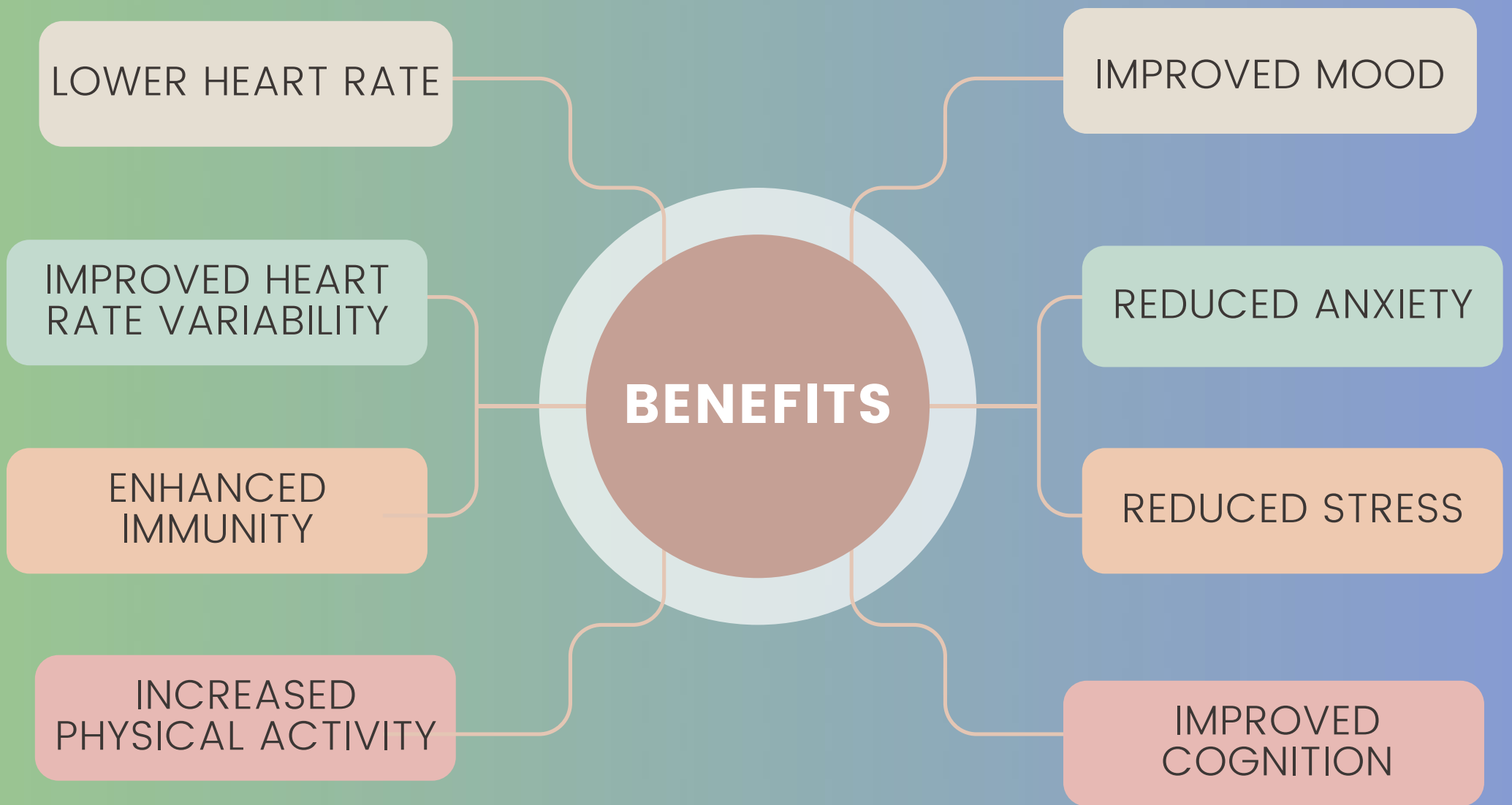
**PHYSIOLOGICAL
BENEFITS**



**PHYSICAL
BENEFITS**



Immersing in Nature



Immersing in Nature

CHECKLIST



Switch off devices



Slow down and wander



Engage your senses



Slow your breathing



Immersing in Nature





ATHLETES FOR NATURE

**JOIN OUR MOVEMENT OF OUTDOOR
ENTHUSIASTS THAT NOT ONLY
APPRECIATE THE IMPORTANCE OF NATURE
BUT ALSO TAKE ACTION TO PROTECT IT.**

**Go to our website and find more details under the
'Taking Action' tab.**

www.thelentilintervention.org





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